
SALMON'S

FAMILY DICTIONARY:

OR,

Household Companion.

Wm. Lloyd Garrison

SALMONS

FAMILY DICTIONARY

OR

HOUSEHOLD COMPANION

0

THE

Family Dictionary:

~~Anna Mayrick~~ OR, ~~1710~~

Household Companion.

CONTAINING,

- I. COOKERY in Dressing Flesh, Fowl, Fish, Herbs, Roots, making Sawces, &c.
- II. PASTRY, making Pyes, Pasties, Puddings, Pancakes, Cheesecakes, Custards, Tansies, &c.
- III. CONFECTS, Candies, Conserves, Preserves, Creams, Gellies, Pickles, &c.
- IV. POTABLE Liquors, as Ale, Beer, Mum, Mead, Cider, Perry, Rape, *English* Wines, Chocolet, Coffee, Tea, &c.
- V. PERFUMING Sweet Balls, Pouders, Pomanders, Essences, Sweet Waters, Beautifying Washes, &c.
- VI. HUSBANDRY, as it relates to the Improvement of Our Barren and Waste Lands, Manufactures &c.
- VII. PREPARATIONS Galenick and Chymick' relating to Physick and Chirurgery, as Cordial Waters, Spirits, Tinctures, Elixirs, Syrups, Pouders, Electuaries, Pills, Oils, Balsams, Cerecloths, and Emplasters, fitted for Curing most Diseases Incident to Men, Women, and Children.

The FOURTH EDITION, *with above Eleven Hundred Additions, intersperst through the Whole WORK.*

By WILLIAM SALMON. M. D.

L O N D O N: Printed for B. Rhodes, at the Star, the
Corner of Bride-Lane, in Fleet-Street. 1710.

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Family Dictionary

HARVARD COLLEGE LIBRARY

BEQUEST OF

MRS. CHESTER V. GREENOUGH

SEPTEMBER 20, 1926

Household Companion

CONTAINING

I. COOKERY in Baking, Boiling, Frying, Steaming, Roasting, making Sauces, &c.

II. PASTRY, making Pies, Pastries, Puddings, Pancakes, Cheesecakes, Cakes, Tarts, &c.

III. CONFECTIONERY, Candies, Confections, Preserves, Creams, Gellies, Pickles, &c.

IV. POTABLE LIQUORS, as Ale, Beer, Mum, Mead, Cider, Pomegranate, Rape, English Wine, Chocolate, Coffee, Tea, &c.

V. PERFUMING Sweet Balls, Powders, Pomanders, Essences, Sweet Waters, Scenting Waters, &c.

VI. HUSBANDRY, as it relates to the Improvement of Our Dances and Water-Lands, &c.

VII. PREPARATIONS of Gadwick and Chymical, relating to Physick and Chirurgery, as Cordial Waters, Spiritus, Tinctures, Elixirs, Symples, Powders, Electuaries, Pills, Oils, Balsams, &c. &c. &c. and for curing most Diseases incident to Men, Women, and Children.

THE FOURTH EDITION, with above Edition
of the Addition, inserted throughout the whole.

By WILLIAM SALMON, M.D.

LONDON: Printed by J. Sturges, at the Sign of the Crown, in Strand, 1754.

It is not illiberal which makes us sometimes Work, but
 it is a want of Time, and partly (since Cookery and Pharmacy
 are not so much esteemed) to avoid Inconvenience
 in their Business; but still their great duty is to
 please, and others, who think it no Disparagement
 to understand this useful Piece of Art; and a great number
 of them who do not scorn, to have actually a hand in its
 Operations.

III. In this fourth Edition we have made above Eleven
 Hundred Additions of new Matter, scattered through all the
 Letters of the Alphabet, which you may distinguish by this
 Mark (*) or Asterisk placed before them. What we have
 added are things very Valuable, and what we have
 taken out, is upon the same Reason, that we thought it
 better to leave out, than to leave in, what was not
 necessary, or not so useful, as the rest of the Work.
 in every Chapter. And it being according to Our Inten-
 tions and Directions, may add vastly to the Advantage

IT may probably be demanded, How I being a Phy-
 sician, should be induced to write a *Book of Cookery*?
 But such as ask this Question, know little of the
Art of Physick, much less of its Constituent Parts,
 and that *Vitæ, Hygienæ, or Paræ Prophyllactica, The Preserva-
 tive of Health*, is one of the Parts thereof, which can never
 be so well done, or so absolutely accomplished, as by the
 help of the *Art of Cookery*, by which all sorts of Foods, Drinks,
 and Viands, are before hand prepared and made ready, for
 the more pleasing acceptation of the Stomach; that being a
 Principal *Viscus*, or Bowel, which is the True Index of
 Health or Sickness, Strength or Weakness, and indeed of the
 Life or Death of the Humane Body. And therefore the Pre-
 paring or Dressing of Foods, &c. Grateful to that Bowel, must
 be in a great measure, a preservation of its Tone, whereby
 it may be the better able to perform its Duty, in order to
 the preparing that Nutriment which is for the Conservation
 of the whole Humane Frame.

IV. Besides the main subject of the Book, which is Cookery,
 II. The Mechanick performance of these things was not
 thought below the Honour of *Generals of Armies*, and other
Great Men, but *Tempora Mutantur*: We now trust to Cooks
 to perform this *Prophyllactick Part of Physick*, as we do to
Apotecaries, to prepare the Matter of the *Curative Part*.

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It is not Idleness which makes us refuse this Work, but partly want of Time, and partly, (since *Cookery* and *Pharmacology*, are now become peculiar Trades) to avoid Intrenching upon their Business: But still there are a great many Gentlemen, Ladies, and others, who think it no Disparagement to understand this useful Piece of Art; and a great Number of them who do not Scorn, to have actually a Hand in its Operations.

III. In this Fourth Edition, we have made above *Eleven Hundred Additions* of New Matter, scattered through all the Letters of the Alphabet, which you may distinguish by this Mark (*) or Asterick placed before them. What we have Added, are things very Valuable, and what every Person, from the Prince upon the Throne, to the meanest Husband-Man, or Peasant, may know and understand, being profitable in many respects, not only to the Single Interest of Private Persons; but to the General Interest of the Publick, in every Capacity; And if Pursued according to Our Intentions and Directions, may add vastly to the Advantage, Riches, and Universal Wealth of the *British Nation*.

IV. There are a great many little Trifling Books of a Shilling, Eighteen Pence, or two Shillings Price, which in the main, have little or no Worth in them, and therefore not Worthy to take up room in a Select and Valuable Library; and yet in most of them, if you Seriously look them over, you may find some few things, in some three or four particulars; in some 6 or 8, and in some 10 or 12, or more, which may be things of Moment and very Valuable, whilst all the other Parts of those Books are not worth a Farthing, being only fit for waste Paper. To the Completing then of this Work, besides what I have Collected out of a many Excellent and Valuable Books, I have Excerpted all the choice Matters out of a great Number of those Ordinary Pamphlets, and brought them into this Work; so that at this once, I have cleared my Library of between Fifty and Sixty, of those almost insignificant Trifles, which I was before in some Measure obliged to keep for those very few Good Things contained in them.

V. Besides the main Subject of this Book, which is *Cookery*, it is accommodated to several other Ends and Intentions, that it might the more completely answer to its Name and Title of a *Family Book*; in which respect it treats of some of the most useful and profitable pieces, 1. Of *Husbandry*. 2. *Gardening*. 3. *Orchards*. 4. *Potable Liquors*. 5. *Preserving*.

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ving, &c. 6. Preparations of Medicines for Vulgar Use, Galenical and Chymical. 7. Physick and Chirurgery, as it may have relation to the most Simple and Vulgar Practice. 8. Explication of some of the most used and necessary Anatomick Terms, &c. all which we have in few Words, unfolded almost to the meanest Capacities; and set many Obscure and Difficult Things in a clear Light, for the General Good of Mankind.

VI. As to what relates to *Agriculture*, we have respect to it only so far as it has relation to *Waste and Barren Lands*, and the Improvement of some particular Growths of our own Country. There are some Millions of Acres of Waste Lands in *Great-Britain*, which if improved, would not only employ and maintain several Millions of poor People, which are a great Charge to all the Parishes of the Kingdom, but be also a vast Advantage to the Publick; for those Lands which will not bear *Wheat, Rye, Barley, Oats*, will give good Crops of *Tares, Pease, and Turneps*, which of what use they may be made, for the universal Advantage of the Kingdom, be pleased but to see *Let. T. Numb. 22. and Numb. 105. ad 110. following.* As for *Pease*, I have known a plentiful Crop to arise out of mere Sand.

VII. And if it so happens that there is some Land so *Barren*, which will produce none of the afore-named Things, I am apt to believe that *Furzes*, (I mean those we call *French Furzes*, which are now as much *English*) will grow upon them, yea upon *Rocky Ground*, where it could scarcely be imagined that any Thing should be produced; and yet upon such Barren Waste, I have seen admirable *Tall Furzes* grow, and extraordinary Plants of that Kind, upon Land which would scarcely bear *Moss*. So that I dare be bold to say, that Barren Waste Land thus planted would prove of greater Advantage not only to private Men, but to the Nation, than the best Arable Corn Land in *England*. I have said here nothing but what my own Eyes have been Witness of, and what I verily believe may be profitably practised upon other Wastes of this Kingdom, by which means poor People would be furnished plentifully with Firing all Winter long, for ever after, and that at very cheap Rates. See *Let. F. Numb. 111. in the following Book.*

VIII. There are other Lands, which altho' they cannot absolutely be called *Barren*, yet are so poor, that they yield but a mean produce of *Hay*, which might be made Fertile and Rich, to a vast Advantage of their Owners, if they would improve them with *Saint Foins, Lucern, and Ray-Grass*, which

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which see *Let. H. Numb. 38. Let. L. Numb. 114. Let. R. Numb. 43.* Stocking or sowing the Land with *that* Grass which will best agree with it; because those several Sorts, will each of them, require a different sort of Land to thrive upon, so that the choice of the Grass must be made, according to the Nature of the Earth, the Seed is put into. And if that be rightly chosen, and were but once done all over the Kingdom, it would quickly turn to so mighty account, as to be an Universal enriching of the whole Nation.

IX. *Gardens* are the next thing which we consider. We have in this Book chiefly taken notice of some few Garden Herbs or Plants, which have a respect to the Table, for Sallets, Pickles, &c. And some few others of Principall Account in Curing common Maladies, which *Ladies* and *Gentlemen* may easily apply to the Benefit of their poor Neighbours, upon many Accounts: And these we could not well Pretermitt, since we intended to make this an useful Book for *Families*, to have recourse to, upon all the most important Necessities of Human Life.

X. *Orchards*, besides planting them with Apples and Pears, may be planted also with other very profitable Fruits, according to the Nature of the Soil they will best thrive in; which Observations, and some few Tryals will quickly discover. Those we intend here are *Black Cherries* and *Mulberries*: Which, as they are Fruits most delectable to be eaten, so they thrive admirably in *England*, and may be improved to a singular Advantage, for that those which grow with us exceed in Sweetness, Magnitude, and Goodness, the same Fruits growing in *Spain*, the *West-Indies*, or in any other Part of the known World.

XI. *Potable Liquors* may be made out of Apples and Pears, called *Cider* and *Perry*; out of *Malt*, and *Honey*, as *English Ale*, *Beer*, *Mum* and *Mead*: The way of making of which see in their proper Places of the following Book. To which add *Rape*, made out of *Turneps*, much superior to *French Wine*, and from thence a *Brandy* or *Spirit*, that may supply the place of *French Wines* and *Brandys*, and save a vast Expence of those Liquors, which have formerly been brought from *France*, and only to be purchased with ready Cash, to the great enriching of the *French* and impoverishing of our own Nation. See *Let. T. Numb. 105.*

XII. *Black Cherries* grow naturally Wild in *England*, as in *Hertfordshire*, and several other Parts of the Kingdom.

Of

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Of these, if Gentlemen cannot be perswaded to make *Cherry-Gardens*; yet if they were but universally planted by Hedgrows, either in low Standarts, or in Dwarfs, they would yield a plentiful produce of most excellent large and choise Fruit, of which a most delicious and strong Red Wine may be made, not inferior in Strength and Goodness to the best Wine which was ever yet made in the World. I know the Objection, that is readily made against this, is, That by reason of its large Stone, it would not yield so great a quantity as might be desired, and therefore is neglected. To which I answer, that it is true with respect to the Quantity: But if it is considered as to its Quality, viz. Goodness and Excellency, it ought not to be slighted, nor any Cost to be spared in its Production; for that a considerable Stock of it might be made, to the great Emolument of the Publick. But,

XIII. *Black Mulberries* are a Fruit without exception, which being very large, and in a manner all Juice, of a noble Taste and Flavour, are able to yield an excellent and generous Red Wine, much superior to the best of *French Wines*, and scarcely inferior to any *Spanish Wines*, vying for Color, Taste and Goodness, with the best *Alicians*, which ever *Spain* produced. The *Mulberry-Tree* grows naturally in *England*, and bears a nobler, larger, and more excellent tasted Fruit than the *Mulberry-Trees* growing in *Spain*, *Florida* (where Millions of them grow Wild in the Woods) or in any other part of the World, I say here what I am in part a Witness to my self. If then *Mulberry-Gardens* were universally planted thro' the whole Kingdom, either with low Standarts, or with Dwarfs, they would in a few Years produce a large Stock of strong, pleasant and generous Red Wine, more than it is possible for the Nation to spend; which of how great Advantage it would be to the British Kingdoms, I leave to prudent and considering Men to judge, by saving the Expence of bringing in that vast quantity of Foreign Wines, which we yearly do, and by the great Export, which in a short time we might make of our own. How these Trees are to be planted, and how this Wine is to be made, as also how an excellent Brandy may be distilled from it, we have taught in *Let. M. Numb. 106, 107, and 108*, and *Let. W. N. 61*. where you may receive full Satisfaction.

XIV. How *Preserves*, *Conserves*, *Candies*, *Confects*, *Gellies*, *Sweet Meats*, *Marmalades*, *Quiddonies*, &c. are to be made. You may see at large in the Alphabetical Order. But these

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are not the only Things here discoursed of, and with which we have entertained the Ladies: We have shewed them the way of making rare Perfumes, Admirable Washes, Beautifying Waters and Unguents, Softning Oils, and Choice Pomatums, (with which this Work is not slenderly stored) for the taking away of External Blenishes of the Skin, as Breakings out, Freckles, Lentils, Morpew, Scurfs, Pimples, Redness, Scabs, Itch, Spots, Sun-burnings, Tannings, Worms in the Face, with many other Deformities of what kind or nature soever, usually happening to Human Kind.

XV. *Physical Preparations*, such as may be easily had and prepared, and of the most necessary Use for the cure of the most common Diseases; it is plentifully furnished with; tho' it contains not a vast Variety, yet it has enough of every thing of this kind, both Galenick, and Chymick, necessary for any Gentleman's Family. It is not stult with impertinent, chargeable, impossible, and ridiculous Recipes, but furnished with very excellent and profitable Medical Preparations of both Kinds, for the Cure of most Distempers and Diseases commonly befalling the Bodies of Men, Women and Children, and may stand in good stead, and serve in an Exigency, even when Life lies at Stake, or where an able and honest Physician is not near at hand.

XVI. As to the choice of Medicines here treated of, they are *Excellent*, and the *best Compositions* of the Kind, extracted out of heaps of Voluminous Authors. And they have a few other *Qualifications* which go along with them, as being, 1. *Few in Number*. 2. *Cheap*. 3. *Common, or easily to be had*. 4. *Easily prepared*. 5. *Effectual*. 6. *Safe in Operation*. 7. *Small in Dose*. 8. *Durable, so as not to be hurt by Time*. These are *true Qualifications*, which a set of Medicines, fitly prepared for *Family Use*, ought to consist of; and any of which being wanting, must make them so much the less valuable and desirable.

XVII. For, 1. *Too great a Number* of them would many times confound the Mind. 2. Should they be *Dear*, they could not be accommodated to vulgar Use. 3. If *not common, or scarce to be had*, not eligible. 4. If *difficult in Preparation*, or *not easily to be made*, not to be regarded. 5. If *not safe, but dangerous*, hazardable, and not to be ventured on by timorous Hands. 6. If *not effectual*, to be slighted and contemned. 7. If *of large Dose*, fit only for Horses, not Infants and Children, Squeamish Stomachs and Persons of Quality. 8. If *Perishable*, to be despised, and presently to be cast out to the Dunghil.

XVIII.

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XVIII. The Compositions and Preparations themselves are delivered in few Words, not with Tautologies, and impertinent Digressions: The Expressions are plain, the Language easy, the Directions obvious, and the Method direct, for the Instruction of the Persons to whom it is intended, in the performing and compleating of all the Things herein contained, and which are indeed the most necessary and useful for the Publick, and the most desirable and profitable for the Purposes designed.

XIX. As for *Physick and Chirurgery*, we have only advanced some few plain and easy Things, useful to the Publick, and to private Families; which Understanding Men, Ladies and Gentlewomen, may safely and successfully adventure upon, and make use of, according to these our Directions, among their poor Neighbours and Domesticks, without running the risk of being accounted or called *Quacks*, and possibly with as great Advantage and Success as the best Graduate Physician in the Universe; since it has been long observed, that amongst that learned Tribe of Doctors there has been, and still is, more absolute and real *Quack-ing*, by their frequent immethodical, preposterous, blundering and dangerous Practices, than has ever yet been done by all the *denominating Quacks* which have ever yet been in the World, to the very great Scandal and Infamy of the *Art of Physick*.

XX. The *Anatomick Terms* we have here explaiated, are only some few, and those chiefly which the *Quality of the Book* exacted at our Hands. We did not at all intend to give a Deliniation of the *Whole Art of Anatomy*, but to accommodate the Work, for the more full understanding of what we have said relating to *Physick and Chirurgery*, and the Virtues of *Medical Preparations*, how they operate in Man's Body, and by what Artifice and Means they penetrate into the most inward Recesses of the Human Frame; which without those Descriptions and Illustrations, could never by the vulgar have been understood, or very profitably applyed to the common and necessary Exigencies of Life.

XXI. These Things, tho' they are adapted to the Vulgar, and more Unlearned, yet may be of good use to the younger Students in *Physick*, because they, as in a Glass, unfold many of the most useful and *recondite Notions of Art*. And tho' it seems to be addressed to Gentlemen, Ladies and Gentlewomen, yet we would not have it thought, that it is fit for none else. The Matters here treated of, tho' they are very plain, yet

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yet very concise, and possibly delivered in a Language not unpleasing to a Learned Ear, and may prove as useful to the more Intelligent of Mankind, as they can possibly be to those, for whom this Book is more especially designed.

XXII. Now as it is accommodated to Persons of all Ranks, whose Stations require the taking care of the House, so we thought good to fit it chiefly in a twofold Respect, *viz.* First, As to the dressing of Food or Meats for Conservation of the Strength of the Body, concerning which I shall say but little, tho' I am satisfied it contains the best Receipts for Cookery that are extant: and as it may serve the most delicate Palates, and luxurious Minds, as a Treasury or Store-house, not only of Substantial and well made Dishes, but also of Picquant and Pleasant Sawces, to stir up the Stomach, provoke the Appetite, and help the Concoction: So also it contains Directions for making potable Liquors of several Kinds, as Ale, Beer, Cider, Cider Royal, Perry, Black Cherry and Mulberry Wine, Rape, Rack, Mead, Metheglin, Coffee, Tea, Usquebaugh, &c. For all which Things it is truly valuable; and were it but for these Things alone, would be worth the keeping in an Industrious Man's House.

XXIII. Secondly, As to the Preparation of some great and valuable Medicines, both Internals and Externals, that it might be made useful in both Cases to the speedy help of the Sick and Diseased, and restoring of the lost Health, a thing so valuable, that nothing in this Life can be put in the Balance against it. So we thought it to be necessary in Families, and lawfully and successfully to be done by the Rich and Charitable, and by Noble and well-disposed Minds, (who have a Compassion, and Tenderness in their Breasts to commiserate the Infirmities, Distresses and Necessities of the Poor and Needy,) without any of the common Reflexions and Sarcasms, which by malicious and narrow-soul'd Practisers are usually cast upon them.

XXIV. Tho' I highly commend the Study of *Anatomy, Chirurgery and Physick*, to the Learned Professor, yet I do not think there is so mighty a difficulty, but what a moderately learned and industrious Man may fearlessly encounter with, and easily overcome. The Practice of those Arts depends chiefly upon some general Notions, which with a Series of Experiences will in a short time implant the Reasons of the Art in the Soul, and make a Man pursue the true Indications and right Methods of Curing, as naturally as he would

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would chuse his daily Food, and eat those things which are most agreeable to his Stomach. As it is Time and a Multitude of Observations which gradually enlarges his Understanding, encreases his Knowledge, and gives him a Boldness and an Assurance in his Undertakings; so it also makes him prompt and ready, and to know upon the Spot what to do, almost in all Cases, without any danger of the Patients Life, or the least hazard of Miscarrying.

XXV. If a Man would but give himself the liberty of thinking of the very great Numbers of considerable and admirable Cures, which are daily done thro' the Nation by Ladies and Gentlewomen, yea and by Persons of inconsiderable Rank, who perform them upon their poor Neighbours even for God's Sake, and that with a dexterity, easiness, and speed, not readily to be accounted for, and all this by some few, mean, and easily prepared Medicines, whilst a great many pretended learned and methodical Physicians, shall, (in as trifling Distempers) run long Courses, make chargeable Prescriptions, and fatigue the Patients with improper Medicines, and at last mistake the Cure; either sending them into the other World, or giving them over as incurable, leaving them ten times more miserable than they found them: I say, when a thinking Man shall seriously consider all this, 'tis almost enough to make him believe, either that there is really nothing in the *Medical Arts*, or else that the *Vulgar Professor or Practiser* is truly a Blockhead, or the pretended Learned is the greater *Quack* of the two; who not pursuing the Precepts of the Art, practises daringly and dangerously, making getting of Money his whole Design.

XXVI. All this is said, not to invalidate the *Arts of Physick*, or dehort any one from the studying them, or practising according to their Precepts or Rules; for that they are all built upon Nature, and result from Reason and Experience; but to shew how Men professing these Arts, err and go astray from them in their Practice, becoming greater *Quacks*, under their great Pretensions, than those who never understood any thing at all of them. How many with their numerous unnatural and preposterous Blisterings, Bleedings, Drenches, and Oister-shell Cordials (I mean their pretended Pearl Cordials) do they send out of the World: Whereas other charitable People, tho' in the main unlearned, shall do thousands of Cures, (God blessing their Endeavours) with all the Success imaginable, whilst taking the direct opposite Methods in their Performances.

XXVII.

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XXVII. As to the *Compositions and Preparations of Medicines*, especially such as are said to be *Specificks*, or *Experimented* for the Cure of some certain Diseases, Mr. Boyle was of Opinion that they ought to be *Religiously performed*. I suppose he intends that they should be exactly made up, according to the Prescript, even to the *Least Punctilio*. How far he is in the Right in this, I will not determine: But this I say, with respect to the *Basis of the Medicine*, I think we ought to be very Punctual and Exact; but in respect to the *Regalia*, or *Pompous Part* of it, there is not that Necessity, but every Skilful Physician may alter, add to, or diminish the same, according to the Accidents and Circumstances of the Sick, or what he in his Reason shall think more fit, without hurting the *Recipe*, or making it to be another thing. Not that I think the *Regalia* to signify nothing, but on the contrary, may have excellent Effects, according as they may be Homogeneous with the *Basis*, be Acute Stomachicks, and Co-operate with the Vital Indication.

XXVIII. We say not the same in respect of the *Cookery*; but that those *Prescripts* may be either followed exactly, or not followed, according as the Plenitude or want of the various Ingredients may dictate, according to the Conveniency, or Inconveniency of preparing them; or as every Man's Palate may direct. However, there is this to be said for the *Recipes themselves*, that if any Lady pleases not to follow them exactly, yet they may be as a Light in some respects, to Guide and Conduct Her in Her Measures of Relish and Delicacy, which by many Tryals and Observations, She may at length advance to some degrees of Perfection; and all this without the least Prejudice or Hurt to the Reputation of Her former Judgment or Understanding.

XXIX. And as this Book is addressed to Persons of Quality, Ladies and Gentlewomen, To the Great, the Rich and the Noble, to the Worthy and Generous Spirited; It is that you may do good in your Generations, be helping and assisting to your Neighbours and Friends; and to hold out your Hands of Relief and Comfort, to the Poor, the Wretched and Miserable, whose Cries and Prayers, as they will certainly reach Heaven, so they will as infallibly call down its Bounties upon you, and its Munificence perpetually to Overshadow you, and extort a Blessing from their Souls before they Dye.

XXX. Thus Reader, I present thee with a Miscellaneous Collection of some Choice Things, excerpted with a great deal

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deal of Trouble out of a heap of other Books. so that I may say of it, *Omne meum, nil meum: Nihil Dicitur quod non Dicitur prius*. I hope it may in some respects or other be acceptable and profitable to thee. It cost me no little Care, besides Labour and Pains to Read and Peruse Authors, Examine the Truth and Goodness of each Article, and to dispose them in the Method and Order they are now in. If thou lik'st it, and it pleases, (as I hope it will the Good Natured, and more Intelligent) I have my desire, and all I aimed at in this Performance. But if thou dislik'st it, and it pleases not, so that thou canst not see its Usefulness, or that it has any Worth in it, yet I hope there is no hurt done, and so thou maist slight it, lay it by, Read no more in it, but dispose of it to some other Person, not so Understanding and Wise as thou art; and either Sleep, or keep thy self perfectly Idle, till thou canst meet with some Better Book, to employ thy void Hours upon; and in so doing, thou maist please thy self; and shalt be sure, not in the least to displease me, or put me out of Humor.

W. SALMON.

Black Friars, London.

Feb. 2. 1702..

EXPLANATIONS.

D. L. S. Double Refined Loaf-Sugar.

D. R. W. Damask Rose-Water.

A L S O, F O R

Ale, Beer,	}	See	English Ale, Beer, Let. E. No. 148.
Chocoleet,			Cocoa Nut, Let. C. No. 167.
Cowcumber,			Cucumber, Let. C. No. 232.
Rhence,			Ear-Primm, Let. E. No. 56.
Tim,			Ther, Let. T. No. 52.

E R R A T A

Page 105. } Col. 1. lin. 49. del. a quarter, and r. a half.
 } Col. 2. lin. 48. r. a lesser or greater.

Advertisement.

I Request all those Gentlemen and others, who send Letters to me, about their own Concerns, to be so Civil, as to pay Postage for them; or else they may expect to go without an Answer. It is not reasonable that I should be at Charge for Persons, I have no Acquaintance withal, and the Business there own. I should not say this, was it but now and then a Letter. But to receive about Two Thousand Letters a Year, (as I have formerly done) upon other Peoples Affairs, or some Trifling Matters, and to pay Postage for them, makes a considerable Sum. And besides, it is as Burthenfome and Troublesome to Answer them, as it is Chargeable to Receive them.

W. SALMON.

THE FAMILY DICTIONARY.

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1. * **A** Biga, Chamepeyris; Ground Pine: *A Decoction of it in Water, or Water and Wine,* provokes the Terms in Women, facilitates the Birth, and brings away the After-birth. It is also good against the Green-Sickness: It ought to be taken Morning and Night for some Days.

2. * **A**blutio, the washing of things with Water. *There is also the washing of Spirits,* when they have an *Empyreuma*, or foul Smell and Taste. This is done by mixing the *Foul Spirit* with 3 or 4 times its quantity of fair Water; and then drawing off the Spirit from that Water, in which will be left the greatest part of the *Empyreuma* or Foulness, which Work may be repeated with fresh fair Water so oft as need requires.

3. * **A**abortio, Miscarriage, which is the bringing a Child into the World before its due time, thro' several Causes both inward and outward, as Longings, evil Medicines, Fear, Grief, Blows, Falls, Over-straining, &c.

4. * **A**brotanum, Southernwood. It is astringent, discurfiv, and a resister of Poison; its Decoction in Water and Wine re-

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sists Putrefaction, cures the Bitings of venomous Creatures, and the yellow Jaundice, kills Worms, and is good against Hysterick Fits and Vapours.

5. * **A**bsinthium, Wormwood. There are four principal Kinds of this Plant, viz. 1. *Absinthium Vulgare*, Our Common Wormwood, 2. *Absinthium Ponticum*, Roman Wormwood. 3. *Absinthium Marinum*, Scriphium, Our Marsh Wormwood. 4. *Absinthium Santonicum*, Wormseed Wormwood. They are all great Stomachicks, and perfect Enemies to the Scurvy; open Obstructions of the Bowels, cause a good Appetite and Digestion, kill Worms in the Stomach and Bowels, and cause a good Colour in the Face. Put a good large handful, or 8 Ounces being dried into 3 Pints of Brandy, which infuse for a Month; after which you may use it, putting 30 Drops thereof into a Glass of Ale, Beer, or Wine. They who use this Medicament, I am sure will give me many Thanks for it.

6. * **A**racron, Ruscus, Butchers Broom. Its Root is one of the five opening Roots. Its Decoction in Wine is good against the Green-Sickness, to open Obstructions of the Liver, Spleen and Reins, to cause a

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free and easy Pissing; as also to cause Cheertulness.

7. * *Acer*, *Acerus*, the Maple Tree. This being cut in its Trunk or Root, in the beginning of the Spring, when the Bud grows big, but before they unfold themselves for Leaves; will yield plentifully a Juice, like to that of the *Birch Tree*, which will be a sweet and pleasant Liquor, and fit for Drink, being called *Maple Wine*.

8. * *Ach*: or *Pain*. It is derived from the Greek Word **Aχ* & *Achos*, which signifies Dolor or Pain, Smart, Grief, &c. Take Sheeps Suet, fine Oatmeal, and black Soap, of each four Ounces, boil them in two quarts of Water till they come to the thickness of a Salve; then spread a Plaister, and laying it to the place, grieved, it will remove the pain.

9. *Aches*: For Aches in any part of the Body, take this following Ointment thus made:

Take Sheeps Suet, Oil Olive, of each a pound, melt and mix them; to which add of Turpentine 3 ounces, Oil of Amber 2 ounces, Chymical Oils of Rosemary, Oranges and Limons, of each an ounce; Oils of Lavender and Juniper-berries, of each half an ounce; mingle them well together for use. You cannot use them without success, not only for Aches, but for Lameness in the Limbs, Stiches, Gout or Bruises.

10. * *Acetosa*, Sorrel. It is cold and dry; Absterfive provokes Appetite, quenches Thirst, suppresses Choler, is Antiscorbutick, and resists the Putridity of the Plague. Our Cooks and Country People make green Sauce thereof.

11. * *Acetosella*, Wood Sorrel. It has all the same uses with the

former, but more effectual against the Plague, and all Pestilential Fevers; its Juice is given a Spoonful at a time in a Glass of Canary, or Canary mix'd with Water.

12. * *Acetum*, Vinegar, chiefly Wine Vinegar. It cools in Fevers, quenches Thirst, resists Poison and the Plague, strengthens the Stomach, provokes Appetite, and resists Vomiting.

13. * *Achilea*, *Millefolium*, Yarrow. Its Juice stops all Fluxes of Blood both inward and outwards, as vomiting Blood, pissing Blood, Bloody-fluxes, &c. It is a Wound Herb, stops all Bleedings of Wounds, and quickly cures them.

14. * *Achor*: One of the Kinds of Scald Heads, being a heap of ulcerous Pustules, out of which a viscous glutinous Matter continually Issues, which creates a very great Scabbiness. It is a Cruel Scab, which gives a stinking Smell, and by reason of its salt, ferous, and sharp Matter, causes almost a continual Itching. It is cured by repeated Application of Vescicatories or Blisterings.

15. * *Acme*, *Αχμη*. In Physick it signifies, the worst or height of the Disease. Many Distempers have four times, as Physicians call them, viz. 1. *Αχμη's Introitum*, or the beginning, when the Matter is yet raw, or indigested, or as it were unripe. 2. *Ανα'Causis Incrementum*, the Growth or Increase, when the Morbifick Matter begins to be a little digested or ripened. 3. *Αχμη*, *Acme Vigor*, the height of the Disease, when the Morbifick Matter is compleat and full, or come to its obstinate Strength. 4. *Παρα'Αχμη*, *Paracme*, *Declensio*, when the Rage and height

height of the Disease is abated, and the Distemper is in its Declension, or is declining, at what time the Patient is judged to be out of Danger.

16. * *Atte, Sambucus, Elder.* A Decoction of the Inner Bark of which in Water or White Wine cures the Dropsie, by continuing its use for some small time.

17. * *Acute Principles.* These in Chymistry are the Spirits, Oils and Salts of Things. Because their Particles being subtil and apt for Motion, do cause Action in other Bodies.

18. * *Acutus Porbus,* an Acute or Short Disease. It is such a Disease as is over in a little time; and is either, 1. *Perperacute,* extremely acute, when it comes not to the first Crisis, but ends in 3 or 4 Days, and is the most dangerous of all acute Diseases. 2. *Peracute,* very acute; when it lasts to the first or second Crisis, viz. to the seventh or fourteenth Day, this is dangerous, but not so dangerous as the former. 3. *Acute,* A short, or not long-lasting Disease, which may continue to, but not exceed a Month. If it exceeds the fourth Crisis, or 28 Days, and lasts till the 40th Day, it is then said to be *Acutus ex decidentia*, an Acute degenerating into a Chronick, or one that is like to be long lasting.

19. * *Adiantum, Maiden Hair.* A Decoction of it in Wine, or Water and Wine, sweetned with Honey, removes Tartarous and Viscous Mucilage, and Flegmatick Humours contain'd in the Lungs; and is of singular use for the Cure of such as are troubled with Coughs, Hoarseness, Wheezings, Asthma's, Pains in the Sides and Back, Reins and Bladder.

20. * *Adeps, Fat.* This Substance or Matter is dispers'd into several Parts, from whence they are called Fatty: As 1. *Membrana Adiposa*, which is the Basis of the *Cellula Adiposa*; it is as it were double, and may be divided into Two Parts: The first is *External*, throughout which there is a Number of little Cells full of Fat. The second is *Internal*, which some Anatomists call *Membrana Carnosa*, because it has a greater Number of Blood Vessels. 2. *Vena Adiposa, or Renalis*; which is a Vein arising from the descending Trunk of the Cava, which spreads it self on the Coat and Fat which covers the Reins or Kidnies. 3. *Ductus adiposi*, called also *Sacculi*, and *Vesicula adiposa*; which are Vessels which convey the Adeps or Fat into the Interstices of the Muscles, or to the Parts between the Flesh and Skin.

21. *Adders Tongue: Lingua Serpentis.* This Herb is used successfully in Wounds new or old, either outwardly applied, or taken inwardly. Inwardly it is used as a *Vulnerary*, being made with other Wound-Herbs into a Diet-drink, and so taken every day for some time: And outwardly, the Juice is made into a Plaster, by boiling it in Oil Olive and Sheeps suet to a Consistency, and then adding thereto Turpentine and Gum Elemi, of each equal Parts. There is also an Oil made of it in this manner, viz. Bruise an handful of the Leaves in a stone Mortar, boil them in a pint of Olive Oil till they have suck'd up the Oil; then press them hard, and keep the Oil that comes from them for your use. It is used with success in Wounds and Ulcers, Burnings.

22. *Aethiop's Mineral: Taka* pure Quick silver, Flowers of Sulphur

phur, of each a like quantity; mix them well by grinding in a Marble or Iron Mortar, till such time as no Particles of the Mercury appear, but it becomes a perfectly black and impalpable Powder. Or thus, Flowers of Sulphur 2 Parts, Quicksilver 1 Part, grind them till the Mercury disappears, and then deslagrate them till they become a black Powder: Being us'd for some time, it admirably sweetens the Blood, prevails against a Scabies or Scabiness, helps in the Kings Evil, and is good in a virulent Gonorrhea: It is also given Children for the Worms, from ten grains to a Scruple.

23. * *Aetites*, the Eagle-stone, so called because found in an Eagle's Nest. It is a Stone within a Stone, as if it were pregnant, the lesser Stone rattling within the bigger, when the whole is shaken; applied to a Womans Thighs, on the inside of the Thigh, when she is in Labour, it causes present, safe, and easy Delivery.

24. *Agrimonta*, *Agrimony Common*, its Virues: It cleanses the Blood, removes Obstructions of the Liver, and is consequently good in the Dropsie and Jaundice, the Leaves of it being boiled in their ordinary Drink; it may likewise be used outwardly in Baths, to strengthen weak Limbs: Half a dram of the Pouder of the Leaves in Conserve or Wine, restrains involuntary Pissing. It is an excellent Wound herb, being boiled with other Wound herbs in a Diet-drink; and outwardly used in an Ointment or Plaster, by boyling a good quantity of the bruised Herb in Oil, and making it up with Wax and Sheeps suet into an Ointment; or by adding Turpentine and Gum Elemi, to make it into an Emplaster.

25. *Agrimonia Aquatica*, *Agrimony Water*: This strengthens and cleanses the Blood, and opens the Obstructions of the Liver; for which reason it is very available in Dropsies, the Jaundice, and ill Habits of the Body, if you infuse it in Ale or Beer, or your ordinary Drink; eight handfuls in four gallons are sufficient; it is used also outwardly in Baths and Lotions. The best way of using this Herb is to take twelve handfuls of it, which is to be bruised, and then put into a bag with a stone in it, and so put up into four gallons of new Ale, of which the sick is to drink every day, as ordinary Drink.

There is a Pouder likewise made of it, which is done by drying the Leaves, to prevent involuntary Urine; half a dram of it in the Conserve of Roses being to be taken when going to Bed, for three Weeks successively.

26. *Agues*, *Febres Intermitentes*, to cure: First cleanse the Stomach well with a Vomit, as with a spoonful or two of Vinegar of Squills given in the morning in a glass of white Wine, which repeat; or rather with Tartar Emetick, which you may give from two grains to six grains, according to age and strength: Then purge the Bowels well with *Pilulæ Catharticæ*, (which see in our *Pharmacopœia Chirurgica*) after which you may safely give the following Potion.

Take choice *Cortex Peruanus* two ounces, beat it into gross Pouder, and put it into a quart and half a pint of Red-Port Wine, let it simmer close covered two hours over a gentle Fire; then make it boil about half a quarter of an hour, and strain out, and sweeten a little with double-refined Sugar: Divide it into eight parts

Parts for eight Doses; the first to be given presently after the hot Fit is off; the next Dose at Night, when going to Bed, if the Fit was in the Morning; otherwise, the next Morning; and so to be continued Morning and Evening, till all the Doses are taken. It will not fail of curing any Ague whatsoever; but if it be a stubborn Quartan Ague, you must sometimes repeat the whole quantity again.

27. Ague falling into any part of the Body: If the Ague takes its station in any particular place, and affect not the whole Body at once, to remove and expel it, Take Sheeps Suet, Oil Olive, of each half a pound; Oil of Amber, Oil of Anniseeds, of each an Ounce and an half, and mix them for an Ointment, and with it bath the afflicted place, as hot as may be endured, before a Fire; and in so doing two or three times it will remove the cold Humour that occasions the Ague.

28. Ague, in a Womans Breast: To remedy this, Take the former Ointment, and anoint it upon the Breast warm, rubbing it in for a quarter of an hour or more with your warm Hand, clapping over it a piece of white Cotton, and it will in a short time cure the Ague, and pain of the Part.

29. Ague to cure, a Powder: Take Antimony and Cinnabar one Ounce, common Salt precipitated two drams, powder them together, and put them into a Glass Cuburbit, and pour on them four Ounces of the Oil of Sulphur, let them digest for two days over a moderate Heat in a Bath of Ashes; then by encreasing the Heat, evaporate the superfluous Moisture, and having well washed the Mass that remains, dry it, and reduce it to a Powder, and mix it with four Ounces of the Flowers of

Sulphur, and set it over live Coals in an earthen Platter, stir it continually with an Iron Spatula, and when the Flowers are consumed, pour on Spirit of Wine three Fingers high; and when it is consumed, take the remaining Mass, powder it, and keep it for use.

This is a Powder extremely commended for the Cure of all intermitting Agues, being taken half an hour before the Fit, from fifteen to twenty grains, in some Syrup or Cordial-water, and supping a little Broth about two hours after it; and if the first and second Dose prevails not, a third may be taken; for it works easily, and mostly by Sweat.

A Tincture of the Leaves and Bark with Spiritus Universalis, is a famous thing against Obstructions of Liver and Spleen, the Yellow Jaundice, Hypochondriack Melancholy, and other Diseases proceeding from that Humour. Dose, two or three drams in any convenient Vehicle.

30. * Agziocastanum, Ground Nuts. We in England eat the Roots or Nuts raw, when they are peeled; but boiled in Mutton or Beef Broath, and eaten with a little Butter, Salt, and Pepper, they are a pleasant Food. Cure spitting Blood, and making a bloody Urine; they nourish much, and restore such as are in Consumptions.

31. * Almond-Leach: Take Almonds blanched and beaten to a Pulp in a Mortar, half a pound; New Milk a pint, mix and strain; add Damask Rose water two Spoonfuls; Ising-Glass half an Ounce, made into a pure fine and clear Jelly: Musk in Subtil Powder a Grain, mix them well, and strain out again, and it is fit for Use.

32. * **Almond Stillabub**: Take New Milk a Gallon; Flower of Sweet Almonds half a pound: Lime Juice two Ounces; Juice of Straw-berries half an Ounce; choise Canary a Quart; double refined Sugar two Pounds: Damask Rose-Water four Spoonfuls. Beat all well together till they froth.

33. **Ale**: It is made by infusing ground Mault in boiling Water, so long till the Water has extracted all the Virtue of the Mault: This done, and the Wort only Blood warm, it is wrought up with Yest, and so becomes Ale. The Proportion of the Mault to the Water, is according to the Strength you design your Ale to be of. You may make a **Salve** or Cerecloth of new Ale, by boiling it till it becomes thick. It is good for all manner of Aches, Pains, Strains, Swellings, and Weaknesses in any Part, chiefly in the Back and Limbs.

34. **Ale, a Syrup of it**: Take of new Ale a Gallon, it being the Wort of the first running; put it into an Iron Pot, over a clear gentle Fire, keeping the Pot open, and scumming it continually; and when it is boil'd away to a Pint, take it off, and put it into an Earthen Pot with a Cover, and take a little Morning and Evening on a Knife point. This is excellent good for Pains in the Back, occasion'd by the Foulness or Heat of Urine in the Ureters, Kidneys, or the Stoppage of the Passage in the Reins, and also for the Whites in Women.

Ale Cock. See **Cock Ale**.

Ale Scurvygrass. See **Scurvygrass Ale**.

35. **Aleberry**: Boil Ale or Beer a Quart, scum it well, put in slices of fine Marsh-mallows, and

Blades of large Mace; boil it again, and put in some Sugar, with a Sprig or two of Rosemary; strain it, and drink it hot. It is not only strengthning, but very good against Colds and Rheums.

36. **Ale-Purging**: To make this, (according to the true Receipt left by the famous Dr. Butler) Take two Ounces of Sarsaparilla, Senna and Polypody of the Oak, of each four Ounces; Anni-seeds and Carraway-seeds, of each half an Ounce; Licorish two Ounces; Agrimony and Maiden-hair, of each a small handful; Scurvygrass ten handfuls: Beat and bruise these together grossly, put them into a Bag made of Canvas, and hang it in five or six Gallons of Ale, and when it is three Days old, drink it. This Liquor chiefly purges by gentle breathing Sweats and Urine, being excellent to expel Scorbutick Humours and Drop-sies, &c.

There is another Receipt of this Ale, in our Pharmacopœia Batavian, Lib. I. Cap. 14. Sect. 9. which you may see at leisure. This following is a general Purging Ale. Take Senna, Mechoacan, of each seven Ounces; Roots of Monks Rhubarb, of Sharp pointed Dock, of each seven Ounces; Anniseeds, Carraway seeds, Daucus-seeds, Coriander-seeds, all bruised; Horse radish Roots scraped, Rhubarb sliced, of each three Ounces; Burdock Roots bruised, blue Currants, Garden Scurvygrass, of each a pound; six Oranges sliced: Put all into a Bag with a Stone in it, and put it into five or six Gallons of new Ale, whilst it is working in its proper Vessel; on the third day you may drink it, a pint for a Morning draught, for fourteen or twenty days, more or less.

37. **Ale-**

37. *Alexanders Hippocelimum* its Virtues. It is by some call'd *Horse-Parsley*, or *Wild-Parsley*. It warmeth the Stomach, and opens Stoppages of the Liver and Spleen; it moves the Courses, and expels the After-birth; it breaks Wind, and provokes Urine; helpeth the Stranguary, if the Leaves be boiled in Wine, and drank two Ounces at a time, pretty hot: The Seeds have the same Virtue, admirably provoke Urine, drank in White-Wine, in Powder, and are effectual against the Biting of Serpents.

Almond-Bisket: To make this, Take the Whites of four new-lay'd Eggs, and two Yolks, beat these well for the space of an hour, having in readiness a quarter of a pound of the best Almonds blanch'd in cold Water; beat them very fine with Rose-water, lest they come to an Oil; then beat a pound of fine Loaf sugar in the Eggs a while, and so put in the Almonds, with five or six Spoonfuls of the finest Flower, or rather as much Crumbs of White Bread; make them into proper shapes, and bake them in a moderately heated Oven, on Paper Plates, dusting over them a little fine sifted Sugar.

38. *Almond-Budding*: Grate a Penny-Loaf, and beat a quarter of a pound of Almonds with Rose-Water, and four Eggs, (leave out the Whites) and a pint of Cream, a quarter of a pound of Sugar, some Nutmeg; mix it all together and boil it in a Cloth, or bake it; if you boil it, save some of the Almonds to stick slic'd on the top, or any dry'd sweet Meat; the Sauce must be Butter and Sugar; if

you bake it, put some Butter in before it goes into the Oven.

39. *Almonds March'd*: Take a pound of Sugar and make it into a Syrup, and boil it to a Candy hight; then take three quarters of a pound of *Jordan* Almonds blanch'd and put into it, keeping them stirring over the Fire till they are dry and crisp, then put them into dry Boxes or Papers, and keep them dry for use.

40. *Almond Sack-Poſset*: Take three quarters of a pint of Sack, a quarter of a pint of Rhenish Wine, near a pound of White Sugar, twelve Yolks, and four Whites of Eggs, take out the Cock's Treads; beat the Eggs very well, put them into the Wine and Sugar, and set them in a Bason upon a Chaffin-dish of Coals to thicken, but not to boil; in this time boil three pints of sweet Cream, with a Stick of Cinamon and a quarter'd Nutmeg; when it hath boil'd a little while, take out the Spice and put in a quarter of a pound of Almonds blanch'd and beaten very fine, with a spoonful or two of raw Cream; let it boil but a little after your Almonds are in; then both your Cream and Sack being scalding hot, pour in your Cream in a small Stream from as high as you can, cover it close down with a pye Plate; let it stand upon a Chaffin-dish of Coals almost half an hour: You may lay all over the top Snow if you like it, when you serve it up.

41. *Almond-Butter*, the Cambridge way: Take a quart of Cream and sixteen Eggs, well beaten and strain'd, set them on a soft Fire and stir it continually;

when it is ready to boil, put in half a quarter of a pint of Sack and stir it till it comes to a Curd, then strain the Whey from it as much as may be; beat a quarter of a pound of blanch'd Almonds with Rose-water; and put the Curd into a Stone or Wooden Mortar by degrees with some of the Almonds, and beat it till the Almonds and Curd be all in, with a pound and half of fine Sugar; and when it is well beaten, put it into Glasses or Pots, and eat it with Bread; it will keep a Fortnight or three Weeks.

42. **Almond Cakes**: To make these, Take a pound of Almonds blanch'd in cold Water, beat them with Rose-water, till they lose their glistring, put in half a pound of fine Sugar well sifted; beat these and the Almouds together, till they be well mixed; then take the Whites of two Eggs, and two spoonfuls of fine Flower well dried, and beat them together, and pour in your Almonds; then butter the Plates you frame your Cakes in, dust them with fine Sugar and Flower; and when they are a little brown in the Oven, draw them, suffering the Ovën to cool a little; then set them in again upon brown Paper, and they will become much whiter than before.

43. **Almond Caudle**: To do this well, Take of new Ale three pints, boil it in a quarter of an Ounce of Mace and Cloves, as also some sliced White-bread; then put in a pound of blanch'd Almonds well beaten, and half a pint of White-wine; scum it well in boiling, and when it is sufficiently thicken'd,

sweeten it according to your Palate: This is not only pleasant and nourishing, but very good in a Consumption.

44. **Almond Cheese**: Take Almonds beaten fine, make a posset, with only Sack and Cream; take off the Curd, and mingle it with the beaten Almonds; set it on a Chaffin-dish of Coals, and put some double refined Sugar to it, with a sufficient quantity of Rose-water; then in a pye Plate fashion it into the form of a Cheese; put it into a Dish, and scrape a little Sugar over it, and when it is cold, serve it up.

45. **Almond Cream**: Take half a pound of Almond Paste beaten with Rose-water, strain it with a quart of Cream, and put it into a Skillet with a Stick of Cinnamon broken into small pieces; stir it continually in the boiling, and when it is boiled, sugar it, and serve it up when cold.

46. **Almond Custard**: Take two pound of Almonds, blanch and beat them in a Stone Mortar very fine, adding as much Rose-water as will make them very moist; then put them in a Press, and squeeze out the liquid part, and put it to two quarts of Cream, twenty Whites of Eggs well beaten, and a pound of double refined Sugar; put it into a Pan, cover it with a Lid of Puff-paste; let it be baked gently, and then scrape over it fine Sugar.

47. **Almond Jelly**: Take a pound of Almonds, and steep them in cold Water six hours; when they swell, the Husks may be taken off; then make a Decoction of half a pound of Ising-glass,

glass, with the Juice of two Limons, and two quarts of White Wine; boil it till half be consumed; then let it cool, and strain it; mingle it with the Almonds, and strain it, with a pound of double refined Sugar, and with suitable Colours you may make it of what Colour you will; put into it Egg-shells, or Orange-peels, that is, place them on the top of it, and serve it up.

48. **Almond-Leach**: To do this, according to the French Fashion, Take a quart of fresh Cream, a quarter of a pint of Rose-water, four Grains of Musk dissolved in Rose-water, and four or five Blades of large Mace; boil them with half a pound of Ising-glass, steeped before in Water, and washed clean; put to these half a pound of Sugar, and being boiled to a Jelly, strain it through a Jelly-bag into a Dish, and when it is cold, slice it into a Diamond fashion, and chequer it over, and serve it on Glass, or other Plates, strewing, if you please, Sugar mixed with the Powder of Cinnamon on them.

49. **Almond Milk**: To make it according to the best Method, you must boil about two quarts, of Water, scumming it well, and when it is taken off, suffer it to settle; pour out the clear part, and setting over the Fire again, boil in it Violet-leaves and Strawberry-leaves, and of the Roots of each a large handful, Sorrel roots half a handful; these being well washed, put in with them a Crust of Bread, and stoned Raisins of the Sun two Ounces, and so suffer them to boil over a gentle Fire till the

liquid part be consumed to a quart; and then with fifty Almonds blanch'd, and thirty Pompion kennels, all well beaten, draw an Almond Milk; then sweeten it with fine Sugar, and drink Morning and Evening about three quarters of a pint. This doth excellently sweeten the Blood, and causes a ruddy and fair Complexion, being very good in Consumptions.

50. **Almonds, an Oil**: To make this, Take sweet Almonds, blanch them and bruise them, then pour on them a little Rose-water, and put them into a Vessel, that they may be kept warm, as it were, in hot Water; then put them into a Hair-bag, pressing them at first gently, in an Almond-Press, with a great Iron Screw, and so continue it by degrees, till you perceive a clear Oil come out. This, by bathing, mitigates Pains and Swellings, comforteth the exasperated Parts, especially the Lungs and Kidnies; it mollifieth dry and hard Swellings, and is profitable in Hectick Fevers, to be given in any cooling Liquors, and for the anointing the Forehead and Stomach; it also supple the Face and Hands, and keeps them plump and soft.

51. **Almond Pudding**: To make this, Take two French Rouls, or other White-bread, slice them and put them into a quart of Cream; put it then on a gentle Fire till both be hot; beat it well together, add twelve Eggs, and the Whites but of four; Beef-suet, or Marrow, four Ounces, as much of Currans and Raisins, and season it with grated Nutmeg, Mace, Salt, and Sugar, scattering into it a little

little Flower; then make a piece of Puff-paste, as much as will cover your Dish; set in a quick Oven, but not too hot, bake it sufficiently, and serve it up.

52. **Almond Snow**: Take a quart of sweet Cream, a quarter of a pound of Almond paste, beat it up well with Rose-water; mix it with half a pint of White-wine, and strain it; put into it the Scrapings of Orange-peel, and Nutmegs sliced, two or three Sprigs of Rosemary, and suffer it to steep two or three hours; then put some double refined Sugar to it, strain it into a Balon, and beat it till it froth and bubble, and as the Froth rises, take it off with a Spoon, and put it into a Dish to serve it up in.

53. **Almond Custard**: Strain beaten Almonds, with the Yolks of Eggs well beaten, and new Cream, Sugar, Cinnamon, and Ginger, boil it thick, and fill your Paste; and when it is baked, ice it over with glaze of Eggs, Sugar and Rose-water, beat up well together.

54. **Aloes Rosatum**: Take of the finest Aloes-succotrine four Ounces, make them into a Powder; take the Juice of Damask Roses clarify'd two pound, put them together, and let them stand in the Sun in a glass Vessel, or in Balneo, till all the Moisture be exhaled; do this four times, and then make it into Pills, which are excellent to purge the Stomach, for Pains in the Bowels, and a gentle Purge upon any occasion. *If 20 grains of these Aloes you put two or three grains of Laudanum, or one or two grains of strained Opium, and give two little Pills of it at Night*

when you go to Bed, it gives good Rest, eases all manner of Pains, and carries off the offending Humour the next day by Stool. with all the gentleness imaginable.

55. **Alum to burn**: Burn this in a new earthen Vessel, and when it ceases to bubble, and no more froth, upon the sudden taking off the Cover, arises, it is sufficient.

56. **Amber Cakes**: Take double refined Sugar searled half a pound; rectify'd Oil of Amber 40 or 50 drops: Jelly of Gum Tragacanth, enough to make the Sugar into a stiff Paste; which form into little Cakes or Troches, and set them into a warm place to dry. You may eat two or three of them at a time, or more; they are good against Vapours, Fit of the Mother, Vertigo, Lethargy, Palsie, Falling-sickness, and Head-achs, from a cold Cause.

57. **Ambergrise Cakes**, to make: Take fine Flower a quarter of a peck, mix it with slices of Marmalade, of Quinces, a quarter of a pound of Sugar and Rose-water beaten up together, of each ten spoonfuls, Yest half a pint, Currants clean pick'd and wash'd a pound, Cinnamon and Mace finely powder'd, of each half an ounce, candy'd Orange-peel cut very small; then with ten new-lay'd Eggs, and a quart of new Milk, thicken it, and mix it well; then dissolve a dram of Ambergrise in a quarter of a pint of White-wine, and mix with the rest; so make it up into a Cake, and bake it in a gentle Oven, and it will prove excellent, if iced over with Sugar melted in Rose-water, and the White of an Egg.

58. **Am-**

58. **Ambergrise, the Tincture:** To make this, put in half a pint of rectify'd Spirit of Wine into a strong Glass, Ambergrise in powder two drams; let the Glass be stopp'd close with a Cork, and tied over with a Bladder, and place it in a cool place for the space of a Month; then pour off the Spirit gently, and put on as much new Spirit, and place it as before, pouring off the second time clean; and after all this, the Ambergrise will serve for ordinary uses: And the Tincture drawn off as before, one drop of it is an excellent Perfume, and being drank in Tea or Coffee, is an excellent Cordial.

59. **Amber Pills:** Take Venice Turpentine one ounce, put it in a clean glazed earthen Pot upon Embers moderately hot, and to try whether it be enough, take a drop and let it cool, and when it is so stiff that it will not cleave to the Fingers, it is enough; then take of the Powder of Pearl, white Amber and Coral, of each a dram; of the inner Bark of an Oak, Nutmeg and Cinnamon, of each a quarter of an ounce; add to these three ounces of Loaf-sugar bruised and sifted, then make them into a Powder, and with the before boiled Turpentine make all into a Mass of Pills, by beating in a Mortar. The Dose is from one dram to two drams at Night going to Bed, swallowing after them the Yolk of an Egg a little warm; and by so doing two or three times, it will stop all Fluxes of the Bowels, and Fluxes of Humours to any part; strengthen the Stomach, Liver and Spleen, and preserve Women with Child from Miscarrying, and for-

tify the Body against violent Distempers.

60. **Amber Pudding:** To make this, Take the Guts of a young Hog, turn them and wash 'em very clean; then take two pound of the best Hogs-lard, a pound and an half of the best Jordan Almonds blanched, beat one half of them very small, and the other half reserve unbeaten; take further, a pound and an half of Sugar, four penny white Loaves, grate them over the former Composition, and mingle them well; put in half a scruple of Levant Musk, a quarter of a pint of Orange-flower-water; mingle all these very well, fill the Guts, but not too tight; boil them over a gentle Fire for fear of breaking, and they will prove excellent Fare.

Amber, a Volatile Salt. See our Pharm. Bateana.

61. **Amulet, to make:** Take twelve Eggs, beat them and strain them, put to them three or four spoonfuls of Cream, then put in a little Salt, and having your frying-pan ready with some Butter very hot, pour it in, and when you have fryed it a little, turn over both the sides into the middle; then turn it on the other side, and when it is fryed, serve it on the Table with Verjuice, Butter and Sugar.

62. **Anacardium, to prepare:** Having first powdered, and then infused them in a convenient quantity of Vinegar; when you have sufficiently imbibed it, cause the Vinegar gently to evaporate, and dry them.

* If this Powder is mix'd with 4 times its weight in Honey, it will make a kind of *Ungt. Anacardinum*, both

both Powder and Honey strengthen and restore a weak and decay'd Memory: They comfort the Brain and Nerves, and prevail against the Palsie, and all cold and moist Diseases of the Head, Brain and Nerves. Garcias says, that in India they give Whey, in which the Fruit have been steeped to such as are short-winded; and also to kill Worms in the Stomach and Bowels.

63. *Andolians*: Soak the Guts of a Porker in Water and Salt, turn them and scour them, that they may be made very clean; let them steep after that a Day and a Night in fair Water, dry them well with a Linnen-cloth, turn the fat-side outermost; then shred Sage very small, mix it with beaten and then sifted Pepper; do the like by Cloves, Mace, and Coriander-seed, mingle them with a little Salt, and season the fat side of the Guts; then turn that side inward again, draw one Gut over another to what thickness you please, boil them in fair Water with a piece of interlarded Bacon, some of the Spices before mentioned, and a seasoning of Salt; tie them fast at both ends at what length you please, and as it is more liking and savoury to your Palate, you may put into them Penny-royal, Savory, Leeks, Onions, or Sweet-marijoram, chop'd or bruised very small; or, if you please further to gratify your Appetite, Rosemary, Thyme, Nutmegs, Ginger or Pepper grossly bruised.

64. *Aniseed Water*: Take ten gallons of good low Wines, or proof Spirits, one pound of Aniseed, or more, as you will have it in strength; now, if your Spirits are high proof, you may add a little Water in the Distillation,

and then draw off the same quantity you put on: This Rule serves well for Seeds, but only the quantity is diversified, according as they may be in strength; for of Cardamums you must put two pound to the like quantity of Spirits.

As to the Herbs, Angelica, Mint, Balm, Wormwood, and the like, they ought to be gather'd in their prime, and gently dried; the proportion is more or less in quantity, according as you will have the Water in strength of the Herb; for one is stronger than another, and a handful of Wormwood will go further than two or three of another Herb.

65. *Angelica* is hot and dry, even the Herb, but more especially the Root. The Root preserves against the Infection of the Plague, if infused in Vinegar, you frequently chew it, and also hold it to your Nose. Take a dram of the Powder of the Root, and half a dram of Ginger and Zedoary in Powder, mix'd with as much Venice Treacle; and this being taken once in six hours, will cause a curious breathing Sweat. The candied Roots and Stalks sweeten the Breath, and help against the Diseases of the Lungs.

66. *Lozenges of Angelica*: Take the Extract of the Roots of Angelica, and Contrayerva, of each of them an ounce; three drams of the Extract of Licorice; of the Flowers of Sulphur sublim'd with Myrrh five drams, of Oil of Cinnamon about eight drops, fine Sugar twice the weight of all of them, with a mucilage of Gum-Tragacanth made in Scordium water: Make them up into Lozenges.

67. *An-*

67. *Angelica Roots*, to Preserve: Wash the Roots, and slice them very thin, and lay them in Water three or four days, change the Water every day, then put the Roots into a pot of Water, and set them in the Embers all Night, in the Morning put away the Water; then take a pound of the Roots; four pints of Water, two pound of Sugar; let it boil, and scum it clean, then put in the Roots, which will be boiled before the Syrup; then take them up, and boil the Syrup after very softly; they will ask a whole days work; at St. Andrew's time is the best time of the Year.

68. *Angelica*, to Candy: Take the Stalks, boil them in fair Water till they become very tender, then shift them in three boilings six or seven times, that the bitterness may be so taken away; then cover them with Sugar, and let them boil a Minute; take them out, and dry them in an Oven; and being dried, boil the Sugar to a Candy-height, and so cast them into the hot Sugar, and take them out suddenly, and use them as the former.

69. *Angelica Water and Compound Spirit*: Take of the Roots of Angelica, of the Leaves of Carduus Benedictus, each six ounces; Bawm and Sage, of each four ounces, of the Seeds of Angelica six ounces, of sweet Fennel seeds nine ounces, to the dried Herbs and Seeds grossly powdered; add of the Species called *Aromatick Rosat*, and sweet *Diamosch*, of each an ounce and an halt; infuse them two days in sixteen quarts of *Spanish Wine*, and then distil them with a gentle Fire; add to every pint two

ounces of Sugar dissolved in Rose-water: The first three pints are called Spirits, the rest is the Compound Water. *London Dispensatory*.

70. *Angelot Cheese*, to make: Take a gallon of Stroakings, and a pint of Cream, and put to them, when mixed, a little Renner; when you fill, turn up the middle side of the Cheese-fat, fill them a little at once, and suffer it to stand all that day and the next; then turn them, and so leave them till they will slip out of the Fat; salt them on both sides, and when the Coats begin to come, lay them a drying, and it will have a very pleasant relish.

71. *Angling*: To have the best sport and success in this part of Recreation, Take *Assafetida*, Camphire, Aquavitz, and Olive Oil, mix 'em in a Mortar till they become a pliable Ointment, and by anointing your Baits therewith, the Fish will presently take them.

72. *Anodyne Clyster*: Boil a pint of Milk once up, and mix with it the Yolk of an Egg well beaten, so that in the putting in, it curdle not; add four spoonfuls of brown Sugar, and a little of the Decoction of Camomile-flowers; and being administered pretty hot, it gives speedy and effectual ease in gripes and pains in the Bowels.

73. *Antiepileptick Water of Langius*: Take the shavings of Man's Skull, Milletoe of the Oak, Peony and white Dittany, of each two ounces, fresh Flowers of the Lillies of the Vallies, two handfuls, Cinnamon six drams, Nutmeg half an ounce, Cloves, Mace, and Cubebs, of each two drams; these

these being all bruised together, put them into a Matraſs, or glaſs Body, and ſtop them up as ſecure from Air as may be, in eight pints of Malmſey, and when they have macerated for a Week over a gentle Fire, diſtil them in a moderate Sand-heat.

This is properly call'd the *Corrected Antiepileptick Water of Langius*, and has been long in requeſt, and by the preparing it at here directed; it is excellent, given in Epileptick-Fits. The Doſe is two Drams to half an ounce, being firſt dulcified with treble refined Sugar; it is an excellent Cordial. It may be alſo uſed for the Prevention, as well as the Cure of this Diſtemper, and is very proper for all cold Diſeaſes in the Brain.

74. Antimonial Claret Water: Take *Regulus of Antimony* in fine Pouder, two ounces, white Wine a pint and an half; mix and digeſt a Week, often ſtirring it; at length let it ſettle, and uſe the Clear. It may be taken from two drams to half an ounce or more, as the Perſon is in Age and Strength. The *Regulus* will ſerve again, above twenty times. It is good againſt foulneſs of the Stomach, Surſeits, Cachexia, Dropſie, Gout, Stone, Falling-ſickneſs, Apoplexy, Lethargy, Vertigo, Head ach, and many other Chronick Diſeaſes, eſpecially ſuch as proceed from Melancholy. It may be taken twice a Week, and is always to be given in the Morning faſting.

75. Antimony, its Cinabar: Put into your Retort of Sublimate Corroſive and Antimony, as much as half fills it, powder'd and well mingled together; let the Retort be placed in Sand, in a ſmall Furnace; fit to it a Receiver; lute the Junctures, and

ſo make a Diſtillation, and perceiving a red Vapour appear, take away the Receiver, and put another into its place, not luted, encreaſing the Fire by degrees, till the Retort is red hot, and ſo let it continue three or four hours, then ſuffering it to cool, break it, and you will perceive a ſublimated Cinabar ſticking to the Neck of it; ſeparate it, and keep it. It is a very much prized Remedy for the French Diſeaſe; it likewiſe forces Sweat, and remedies the Falling-ſickneſs. It is of good uſe to ſweeten the Blood and Lympha, and all the other Juices, being taken for ſeven or eight Weeks together, Morning and Evening, from half a dram to two ſcruples at a time, or a dram in ſome convenient Vehicle, or Syrup.

76. Antimony, an Oil or Liquor: Take ſix ounces of fine white Sugar-candy, beat it to Pouder, then do the like by eight ounces of Hungarian Antimony, and mix 'em well together, and put them into a glaſs Retort, and diſtil them on a Sand-heat with a gradual Fire. This Liquor cures intermitting Agues, given in white Wine, three, four, five or ſix drops at the beginning of the Fit, and ſo repeating it two or three times. *Sennertus*.

77. Antinephritic Water: Take of Narbone Honey, Parsley Leaves bruised, Arſmart Leaves bruised, of each half a pound; Venice-Turpentine two ounces, Nephritic Wood and Roots of Reſt Harrow, of each an ounce and a half; Lignum Aloes an ounce, Galingal, Cloves, Cinnamon, Mace, Cubebs, and Maſtick, of each half an ounce; bruise and macerate them for three days together, in two quarts of rectified Spirits of Wine, or for want of that, in *Aqua Vita*, and

and distill them over a moderate Fire.

This Water is highly recommended for removing of Gravel or Sand out of the Bladder or Kidnies, as also for easing the Pains of the Colick, given from one dram to half an ounce, either alone, or mixed with proper Liquors.

78. **Antiscorbutick Elixir Proprietatis**: Take Myrrh, Sena of Alexandria, Aloes Succotrine and Saffron, beaten into Ponder, of each four ounces, digest them in a close-stopp'd Vessel for eight days in a moderate Sand heat, with four pints of Antiscorbutick Spirit, or Spirit of Scurvygrass; then for one hour increase the heat of the Bath, and filter and keep it apart; then pour on the remaining Mass, a pint of fresh Spirit, and reiterate digestion and filtration; then draw off the Spirit in a Sand heat with a moderate Fire, till there only remains a third part: When the Vessels are cool, preserve the Elixir; and when it is to be used, mix it with a third or fourth part of the volatile Spirit of Harts-horn.

This Elixir is now wonderfully in use, and highly esteemed in all Diseases that proceed from Corruption of Humours, but chiefly used in the Cure of the Scurvy; for it purifies the Blood, and quickens the motion of its Circulation. It may be taken in Wine, or some other Liquors, from seven or eight to fifteen or twenty drops.

79. **Apoplexy**: To cure this violent and dangerous Distemper, Take two quarts of the Spirit of Wine, infuse in it a pound of Motherwort, Castor, and Cloves, of each half an ounce; being bruised a little, add to them two handfuls of ordinary Lavender and Sage-flowers, steep them in

an earthen Pot well glazed, stop it very close, and set it in a Sand-heat, or other warm place, four or five days, often shaking it; add nine drams of Camphire dissolved in half a pint of Sack, and put it in, setting it in a cool place, and then filter it through brown Paper; and when the Distemper approaches, which is known by a shooting Pain in the Head, a swimming Dizziness of the Eyes, &c. Then give a full spoonful of it in a glass of Wine or fair Water. Rub the Forehead and Temples with it till it dries in, and it gives speedy ease: And constantly give it a full spoonful at a time, first in the Morning, and last at Night; and let the Patient purge the Head therewith every other Morning, or Evening, by snuffing a little of it up the Nostrils several times.

80. **Apoplectick Balsam**: Take distilled Oil of Cinnamon, Cloves, Lavender, Lemons, Marjoram, Mint, Rue, Rosemary, Sage, Rhodium, Wormwood, of each six drops; Bitumen Judaicum in fine Poulder two drams, Oil of Nutmegs by expression one ounce, Balsamum Peruvianum one ounce; with this mix and make a Balsam. This Apoplectick Balsam is used by smelling to; it comforts the Head, dissolves cold Humours, and is excellent for the Head-ach: It prevails against Apoplexies, Swoonings and Palxies, being put into the Nostrils, or otherwise applied.

81. **Apoplectick Tincture**: Bruise four pound of black Cherries, Roots of Valerian, and shavings of Harts-horn, of each three ounces, Cloves and Mace beaten fine and sifted, of each half an ounce, Saffron two drams, Flowers of Lillies of the Val.

Valley, and Lavender, of each three handfals; mix them well together, by bruising and shredding, and macerate them in good Brandy a gallon, forty eight hours, in a warm Balneo Maria, and decant the Tincture.

This Tincture eases Apoplectick Pains, Palsie, and other Distempers in the Head and Brain, arising from Cold, being taken at seasonable times, from half an ounce to an ounce.

82. Apoplectick Water: Take of the Lillies of the Valley, Rosemary, Lavender, Sage, Primroses, of each three handfals; the Yellow of Orange, Lemon and Citron Peels, of each three ounces, Nutmegs two ounces, Zedoary, Cubebs, Winters Cinnamon, all in gross Powder, of each one ounce, Cloves half an ounce; let them macerate eight days in the Sun, or in a Stove, in rectified Spirits of Wine and Orange-flower water, of each two quarts; then distil them in a Sand-heat, and preserve this excellent Water for your use.

It fortifies the Brain and noble Parts, being taken from half to a whole spoonful. It is successful, as well to prevent as to cure the Apoplexy, and all other violent Diseases of the Brain.

83. Appetite to restore: Take Wood or Garden-forrel a handful, boil it in a pint of White-wine-vinegar, till it becomes very tender; then strain it out, sweeten it with two ounces of Sugar, and boil it to a Syrup, and take an ounce at any time when you find your Appetite fail you.

Or thus; Take dried Wormwood three ounces, grind it with Salt of Tartar one ounce in a hot Mortar, rectified Spirit of Wine twelve ounces; mix and digest them twenty or thirty days, then decant the clear

Tincture. Dose, ten or twelve drops in a Glass of Ale or Wine. It will restore the Tone of the Stomach, comfort and warm it, and cause a brisk Appetite.

84. Apple Cream: Take ten or twelve Pippins when pretty ripe, pare them, take out the Cores, and slice them thin, cut them in quarters, and put them into a Pipkin with Claret wine, a few slices of Ginger, Lemon-peel scraped, as also some white Sugar, let 'em boil up together till they are very soft, then take 'em into a Dish, and when they are pretty cool, take a quart of new Cream boiled with a little Nutmeg, and put in of the Apple stuff to make it of what thickness you please, and so with a little sprinkling of Sugar and Rose-water serve it up as a most acceptable Banquet.

85. Apple Pancake: To make this, Pare your Apples thin, cut them in round slices, fry them in sweet Butter, beat ten Eggs in a pint of Cream, add Cinnamon, Nutmeg and Ginger, of each a dram, well beaten or grated Sugar three ounces, Rose-water two ounces; these being well beaten together, pour on the Butter, fry them moderately, and dust them over with Sugar and a sprinkling of Rose-water, and serve them up.

86. Apples, a Purging Syrup: Take Juice of the best Pippins, or Pearmains, two quarts; choice Alexandrian Sena three ounces, Cream of Tartar one ounce; infuse in a gentle heat for two hours; then give it two or three walms, and strain out without pressing; to this strained Liquor, put white Sugar five pounds, dissolve the Sugar, and keep it for use. Dose, six, eight, or ten spoonfuls

fuls in a Morning fasting, according to Age and Strength.

This Syrup is held to be a very gentle Purge for melancholy People, and very safe and easie.

87. **Apple Florentines**, to Fry: Take about a-dozen Pippins, pare them, cut them, and almost cover them with Water, with near a pound of Sugar, let them boil on a gentle Fire, close covered, with a stick of Cinnamon, minced Orange-peel, a little Dill-seed beaten, and Rose-water; when this is cold and stiff, make it into a little Pastie with rich Paste, and fry it.

88. **Apple Tart**, to bake Red: Take Apples, pare them, and slice them thin; put to a pound of Apples a quarter of a pound of Sugar, two penny worth of Cochineal finely beaten, a stick of Cinnamon, mix it with your Apples, and put it into your Paste, and bake it, and then put in Butter and Rose-water.

89. **Apples**, to stew: Pare them, and cut them into slices, put them into a Pipkin with Claret-wine, and Water alike, as much as will near reach the top of the Apples; boil or stew them gently till they grow tender, which may be in two hours, then put in some sticks of Cinnamon bruised, and a few Cloves when they are almost done, and sweeten them with Sugar; break the Apples to pap by stirring them; when you are ready to take them off, put in good store of fresh Butter, and stir them well together: Stew these between two Dishes. *Hartman.*

90. * **Apricocks to preserve**: Being moderately ripe, pare and stone them; lay them a Night among Sugar in your Preserving

Pan, in Lays: In the Morning put in a small quantity of White Wine, or Cider, set them on Embers, make a gentle Fire, and by degrees melt the Sugar. Being a little scalded, take them off, let them cool, set them on again, and boil up softly, till they are tender and well-coloured; then take them off: And when cold, put them up in Glasses or Pots for use.

91. * **Apricocks to preserve**: Being pared and sliced one pound weight: Take double-refined Sugar in fine Powder 3 pounds; then take a Preserving Glass, and put at its bottom some of the Sugar, till about half an Inch thick; upon which lay the Apricocks one by one; which cover with some of the remaining Sugar: Thus do *Stratum Superstratum*, till all the Apricocks and Sugar are done; cover them, and let them stand in a gentle proper heat 24 hours: After which take out the Apricocks one by one; putting the Syrup and Sugar into a Skillet, which set on the Fire and scum it; into which Syrup put the Apricocks, and make them boil as fast as you can, putting them down with a Bodkin as they rise up; then put thereto, of double-refined Sugar, one pound more, as they boil, boiling it till the Syrup will stand. Take it from the Fire, and take out the Apricocks one by one, and lay them on a Cullender, (and if any be broken put them together) let them stand till they are cold; and putting a spoonful or two into a Preserving Glass, put the Apricocks in one by one, putting the Syrup over all, and covering them, keep them for use.

92. * **Apricock, Beare Plums,** or other **Plums** to preserve. Give every one of the Fruit a prick with a Penknife, in the hollow place on the side to the Stone: Put them into clarified Sugar, as much as will cover them, then put them into a boiling Balneo, stirring them till they are tender. Let them stand all Night in that boiling Balneo or Water, so will the Syrup pierce to the Stone. Next Morning the Plums will swell thick, and be bigger, then take them out, and boil the Syrup by it self to its due thickness, into which when cold put the Apricock, Plum, &c.

93. * **Apricock, and white and black Beare Plum Paste.** Being pared and sliced, put them into a Stone Pot or Jug, half full; which cover with a thin Linnen Cloth, set it in a boiling Balneo to the Neck, and so let them boil till they are very tender; let the clear Liquor run thro' a Strainer, and so put it to its equal weight of white Sugar, not boiling it after: The other will make good Paste, being rubbed in the Strainer with a small Ladle; if you so please, you may put to it a little Pulp of Codlins, and put it to the Sugar as before, not boiling it after, and so dish it.

94. * **Apricocks Artificial to make.** Take 12 Apricocks, slit each down to the bottom of the Crevise, loosen the Stone of each at bottom with a small Knife, or a great Pin; bend the Apricock a little, and with the point of the Knife turn out the Stone at top; then pare them very thin, and take their equal Weight of double refined Sugar in fine Poudre, putting to it as much Water as will wet it;

melt it over the Fire and scum it; then put in your Apricocks, boiling it apace, breaking it as you boil it; and when tender and soft, put them either into a Cullender, or on a Glass Plate, letting all the Syrup run away; then put it into a little round Glass of the fashion of an Apricock, or for want of such Glass into any Glass, which set into a Stove, till it will stand of it self; then turn it on a Glass Plate, and fashion it with your Knife like an Apricock, join two together, putting in a Stone on one side, and then set them again in a Stove till they are dry.

95. * **Apricocks to Dry:** Pare and stone them, take their equal weight in fine Sugar, and put two third parts of it into a Skillet, with as much Water as will wet it, melt and scum it, into which put your Apricocks; boil, but not too fast, pricking them with a Bodkin, and cast on them the rest of the Sugar; when tender, take and lay them on a Cullender; and putting the Syrup into a China Dish, put the Apricocks into it, turning them every day for the space of two or three days. If they grow tough or shrink, boil them again a little in the Syrup, and take them out as before. Those you intend to dry, put upon Glass Plates; the rest put into your Syrup for preservation; those you dry, after they have stood a day or two in a Stove, put them upon other clean Plates, and if the Syrup be tough or sticky about them, wash them in hot Water, then put them upon other clean Plates and dry them.

96. * **Apricocks ripe to dry:** Pare them thin, and stone them; take

take half their weight of fine Sugar, boil it to a Candy height, being just wet with Water; then put in your Apricocks till tender; take them off, and let them lie in the Syrup two or three days; warm them every day, till they have suck'd up all the Syrup, turning them; then lay them on Glasses to dry.

97. * **Apricock Green Paste**: Scald the Apricocks, and when tender, break and strain them to one pound, of which take two Pounds of double refined Sugar in fine Pouder just wet with Water, and boil'd to a Candy height; into which put the Pulp, stir them well together off the Fire, and when cold, put it in your Moulds, and stir it till it is dry enough.

98. * **Apricocks and Peaches to Candy**: Give either of these a slit on the side to the Stone, upon which put a pound of Sugar, bake them in an Oven, hot as for Manchet, half an hour, being laid one by one; then take them out, and lay them on a Glass Plate, and dry them in an Oven for three or four days, and they will be fully dry'd and candy'd; if you can get Glasses like Marmalade Boxes to cover them, the Candying will soon be perform'd.

99. **Apricocks, to Preserve**: Take to a pound of Apricocks, a pound of double refined Sugar finely beaten; pare and stone your Apricocks, and lay them in your Pan with half your Sugar under them, and cover them all over with the other half, and so let them lye till they have wet the Sugar; then set them on the Fire, and as the Sugar comes to a Syrup, be still a covering them, and so let them boil till

they look clear, then set them by; on the Morrow turn them, the second day warm them again, but let them boil but very little; then set them by as before, and warm them once in two or three days for two or three times, so put them up in Glasses or Pots.

100. **Apricock Paste**, the common way: Take ripe Apricocks and scald them, peel off the Skins, take all the Pulp from the Stones, take the weight in double refin'd Sugar, wet the Sugar with fair Water, boil it to a Candy height; then put in your Pulp and boil it a little time, but very quick, then put it into Glasses; when cold set it in your Stove.

101. **Apricock Paste**: Take ripe Apricocks, pair them, put as much Water as will cover them, and scald them very tender; when they are so, drain them from the Water, and break and strain them, and to every pound of Apricocks, take a pound of double refined Sugar; beat half the Sugar and put it to the Apricocks, and boil them till they are clear and thick; whilst this is a boiling, take the other half of the Sugar and dip it in fair Water, and boil it to a Candy height, keeping it clean scum'd, then put your Apricocks into your Candy, stir it till it be well mingled, but not to boil; then take it off the Fire and put it into your Glasses, and stow it, and when they are candy'd, put them out upon Glass Plates and keep them in your Stove with turning while they are dry, then box them up.

102. **Apricock Oil**: Apricocks are a delicious Fruit to the Taste, and much more wholesom than the Peach; but above all,

from the Kernels of them an excellent Oil is extracted by expression; which being mix'd with two parts of Oil of Amber, is excellent for Hæmorrhoides, Pains in the Ears, Swellings and Inflammations.

103. Apricock Cakes : Take the largest and smoothest, par-boil them in Spring water till they become very tender; then pressing out the Pulp, put to it an equal weight of Sugar; set them over a gentle Fire, and keep them continually stirring, and when you can see the bottom of the Skillet or Pan, they are enough; then put the Pulp and Sugar into Cards sewed round, and dust them over with sifted Sugar, and letting them stand two or three days, turn them; then if they be candy'd, take them out of the Cards, and dust them with Sugar again; and so often turning them, let them dry for your use in a gentle Heat.

104. Apricocks to Candy : Take the Apricocks, pare them very thin, and strew fine Sugar lightly on them; then lay on a broad pewter Dish, and so put them into an Oven as hot as usually heated for Manchet, and as the Liquor comes from them, pour it forth and turn them; strew more Sugar, and sprinkle them with Rose-water, turn and sugar them till near dry, then lay them on a Lattice-Wire till they are dryed, which you may do in an Oven after the drawing, and by this means they will keep all the Year.

105. Apricocks to dry : In the first place, Take out the Stones, then weigh the remainder, and take the weight of them

in double refin'd Sugar, and make a Syrup with so much Water as will wet them, and boil it up so high, that if a drop be drop'd on a clean Plate, it will slip off, being cold; put in your Apricocks pared when the Syrup is heated, stir them about and turn them, and tye them up one by one in Tiffanies; then put them in again, and set the Syrup over a quick Fire, making it to boil as fast as it can, and scum it well; and when they look clear, take them from the Fire, then lay them on a Sive to drain, and being well drained, take them out of the Tiffanies, and dry them in a Stove or the Sun, in Glasses, to keep off the Dust.

106. Apricock Jumbals : Take Apricocks, scald them to a tenderness, and dry the Pulp in a pewter or earthen Dish over a Chaffin-dish of Coals, then for a day or two set it on a Stone, and beat it afterward in a Stone Mortar, adding as much fine Sugar as will make it a stiff Paste; then colour it with Saunders, or Cochineal, rowl them long, tye them into Knots, and so dry them for use.

107. Apricock Paste : Pare your Fruit, and stone them; set them between two Dishes on a Chaffin Dish of Coals, till they are boiled very tender; let them cool, and lay them out on white Paper, take their weight of Sugar, and boil it to a Candy height, with as much fair Water and Rose-water, as will dissolve the Sugar; then put the Pulp into it, and let it boil till it be as thick as Marmalade, still keeping it stirring; then on a Pye-plate fashion it into the shape of whole Apricocks; and so

so being dried, it will be very transparent, and eat more luscious and pleasant than Apricocks newly gathered from the Trees.

108. *Apricocks* to preserve: Take them when they are pretty well buttoned, yet so tender that you may run a Needle through them stones and all, without any difficulty; then put them into luke-warm Water to break 'em, and let them stand close covered in that Water till a thin Skin will come off with scraping, and all this while they will look yellow; then put them into another preserving Pan or Skillet of hot Water, and let them stand covered till they recover a curious green Colour; then having equally weigh'd them with a like weight of Sugar, clarify the Sugar with a white of an Egg, or some Water, and so preserve them for use.

If you would preserve them when ripe, you must take out the stones; you need not at all boil them in Water, but with the Juice of some of them dissolve the Sugar, and stew them in it; then having a Syrup of Sugar boiled to a height, put them in it till they look clear, and so set them up close covered for your use.

109. *Aqua Coelestis*: Take of Cinnamon one dram, Ginger half a dram, the three sorts of Saunders, of each of them a quarter of an ounce, Cubebs and Mace, of each of them a dram; Cardamom the bigger and lesser, of each three drams; Set-well Roots half an ounce, Fennel-seeds, Ani-seeds, and Basil-seeds, of each two drams; Angelica Roots, Avens-Roots, Thyme, Calamint, Li-

quorice, Calamus, Masterworts, Peniroyal, Mint, Mother of Thyme, and Marjoram, of each two drams; Red rose seeds and Flowers, Bettony and Sage, of each a dram and half; Cloves, Nutmegs, and Gallinal, of each two drams; the Flower of Stechas, Rosemary, Borage, and Bugloss, of each a dram and half; Rind of Citron three drams; bruise these well together, and put to them the Species Cordiales, as also the Spices made with Pearl, of each three drams: Infuse them in twelve pints of Aqua vitæ in a close stop'd Glass fifteen days, with often shaking; then distil them in an Alembick, and hang in the Spirit two drams of Musk, and half a dram of Amber-gulse, tied up in a Rag.

This excellent Cordial fortifies the Heart against the Plague, and all pestilential Diseases, expels Poison, and heals Aches, Pains, and gives ease in the Cholick.

110. *Aqua Diuretica*; or Water provoking Urine: Take the Roots of Parsly, Eryngo, Rest-Harrow: Juniper Berries, and Alkeken-gi, of each two ounces, Leaves of Parsly, and biting Arsmart, of each three handfuls, Pimpernel, Water-Cresses, and Elder Flowers, of each two handfuls, Dawcus seed, Fennel, and Parsly seed, Onion-seed, of each three ounces, bruise and macerate them twenty four hours in white Wine, add a quart of the Juice of Radishes, with one pound of English Honey, Opium half a pound dissolved in Juice of Parsley two quarts; distil them in a moderate Sand heat, adding to the distilled Water, dulcified Spirit of Salt so much as to make it pleasantly sharp.

This is an exceeding prevalent Water against the Stone, and to strengthen the Heart, but is chief-

ly designed for opening Obstructions in the Ureters and Bladder, and causing a free Passage for the Urine: You may safely take it from one to two, or more ounces.

111. Aqua Epidemica: This is the London Plague-Water. To make it, Take the Roots of Tormen-til, Angelica the greater, Piony, Liquorice, Elecampane, of each half an ounce; the Leaves of Sage, the greater Celandine, Rue, the tops of Rosemary and Mugwort, Burnet, Dragons, Scabeous, Bawm, Carduus Benedictus, Bettony, the lesser Centuary, the Leaves and Flowers of Marigolds, of each a handful; shred, bruise and steep 'em 4 days; then distill in a glass Alembick and take it from a quarter of an ounce to half an ounce at a time; it powerfully resists the Plague, pestilential Fevers, and all infectious Diseases, reviving and cheering the Heart and Brain, and rarefying and sweetening the whole Mass of Blood.

112. Aqua Lactis alexiteria: Take Carduus Benedictus, the Leaves of Meadow sweet, and Goats-Rue; of each six handfuls; Mint and common Wormwood, of each five handfuls; Angelica two handfuls, Rue three handfuls: Bruise them very well, and put to them three Gallons of the best new Milk; and suffering them to infuse for twelve hours, distil them in a cold Still.

This Water, though it be frequently used as a simple Water, in making up Medicines, is nevertheless of singular use it self, being a true Alexipharmick, and may be given (to expel Malignity, and prevent Infection) with other things. It comforts the Heart and Stomach, and sweetens the Blood taken singly; and so inoffensive it is, that you may take, four, five or six ounces at a time,

113. Aqua Mirabilis: To make this, (according to Dr. Wiltoughby's Receipt,) Take Gallingle, Mace, Cloves, Cubebs, Ginger, Cardamoms, Nutmeg and Saffron, of each an equal quantity, in all four ounces; beat and bruise them well; Take of the Juice of Celandine half a pint, mingle them together with a quart of Aqua vite and three pints of white Wine, put them into a glass Still, and let them infuse twelve hours; then distil off the Water with a gentle Fire in a Sand heat.

This Water dissolves the Swellings, and removes the oppressions incident to the Lungs, helps and comforts them, being wounded, not suffering the Blood to putrify; and those that use it often, will have little cause to bleed at any time, unless in cases of sudden or violent Bruises, or internal Bleedings, Pleurisies, &c.

114. Aqua Mirabilis: Take of Cardamoms, Cubebs, Galingal, Mel-lelit flowers, Cloves, Mace, Cinnamon, Nutmegs, of each half an ounce; of Spere Mint, Cowslip flowers, Flowers of Rosemary, of each a handful; a quart of the Juice of Celandine. Add one quart of Brandy, two quarts of white Wine, and one quart of Sack, and distil it as before.

115. Aqua Mirabilis another way: Take Cubebs, Cardamoms, Gal-singal, Mace, Cloves, Ginger, Rosemary flowers, of each one dram; bruise them: Then take a pint of the Juice of Celandine, the Juices of Bawm and Spere Mint, of each half a pint, Flowers of Cowslips, Borrage, Rosemary, Marigolds, and Bugloss, of each two drams; Canary three pints, strong Angelica-water one pint: Bruise the Spices and Flowers well, and steep them in the Sack and Juices the space of twenty four hours, and distil them

the next Morning in a glass Still, Laying Hearts-Tongue Leaves in the bottom of it.

This Water is an excellent Preserver of the Lungs, purifying the Blood, and removing the Defects of the Spleen; helps Digestion, preserves a youthful Complexion, and continues a good Colour in the Face.

116. *Aqua Mirabilis* a fourth way: Take Cinnamon the best sort an ounce; Nutmegs and Citron-Peel, of each six drams; Cloves, Galingal, Cubebs, Mace, Cardamoms, Ginger, of each two drams: Bruise them all together and let them infuse in white Wine, and Spirit of Wine, of each a pint, distil them in a moderate Sand heat.

This is an excellent Cordial taken from half an ounce to an ounce at a time: It fortifies the noble Parts, and resists Poison, &c.

117. *Aqua vitæ*: Is made of well brew'd Beer, that is strongly hopt, and well fermented; but if it should not be fully rich of the Mault, then distil it as soon as it's well wrought, for fear it should flat, and then a great part of the Spirit is lost; but if it be very strong, you may keep it to what age you please.

The way to distil it, is thus: Take a large Still, with a Serpentine Worm, fix'd in a great Hogshead with cold Water, to condense the Spirits; or for want of that, an Alembick; but at first, be not too hasty with the Fire, but by degrees, make all hot until the Spirit comes; if the Still is large, the way I best approve for the receiving these Spirits, is to let it run through a Funnel into a Hogshead, that is placed on the Ground for that purpose, and you are to distil it as long as any goodness will come,

which may be known by the Taste, which will be like an unsavory Water, when all the Spirit is off; this Spirit is called Low Wine, which let stand six or seven days, and then distil it a second time, which is called Rectification, in which it may be brought into Proof-Spirit or Artificial-Brandy, which you please: Now this you may know, when the Spirits are off the second time, by throwing some of it into the Fire, if it burns, it is good, but if it puts out the Fire, the Operation is at an end. These Low Wines and Spirits are proper for making most sorts of Waters, as will be seen in the Application thereof. Now if you rectify a third time in Balneo, 'twill be the better freed from its Flegm, and so a true *Aqua vita* is made.

118. *Aqua vitæ Regia*, the Royal Water: Take Lignum Aloes, Roots of Zedoary, Carline Thistle, and Valerian, of each an ounce, choice Citron-Peels, Orange and Limon-Peels, Mace and Cinnamon, of each six drams; Cloves, the lesser Cardamoms, and Fennel-seeds, of each half an ounce; Rosemary, Sage and Marjoram in the flower, of each two handfuls: Bruise what requires it, and put them into a Matras with the Spirit of Wine and Malmsey, of each two quarts; stop the Vessel close, and let them infuse over a gentle Fire for the space of three days; then distil them, and dissolve in the distilled Water, Musk and Ambergreese, of each a dram and a half, and keep it for use in a close Vessel, or rather in glass Bottles.

This Water fortifies the Brain, Head and Stomach, and all the noble Parts, when infeebled by the dissipation of the Spirits, or over-pressed by the ill Qualities or abundance of bad Humours.

It is to be taken fasting in a Morning, from one dram to half an ounce, mixed with proper Liquors, as Bawm-water and Mint-water.

119. Arcanum Copalinum:

Put red Precipitate into an earthen Vessel well glazed, pour on it Spirit of Nitre well rectified, repeating it two or three times; then wash it in warm fair Water till it is sweet; dry it, and put thereto rectified Spirit of Wine, so much as may over top it an Inch, then set Fire to it, and when the Spirit is consumed, add more; do this six times. See our Pharm. Bataviana, Lib. 1. Cap. 9. Sect. 13 and 14.

This is excellent for Purging, and sometimes procures Vomiting, opening Obstructions, and dissolving scirrhus Tumours, and mainly contributes to the Cure of the French Disease. The Dose is from two to five grains, or more.

120. Arsmart; Persicaria: The common sort of this is hot and dry, chiefly used in outward Wounds and Swellings. A Decoction of it is good to wash old Sores. The Water helps the Gravel in the Kidnies or Bladder; the Root or Seed put into a hollow Tooth cures the Tooth-ach.

121. Artery Hurt: There is no better thing for an Artery prick'd or wounded, then to apply thereto Balsam de Chili, or Panacea Balsamina upon Lint; and lay over it a Diapalma Emplaster; it commonly cures at one dressing.

122. Artichocks to Bake, in a Pye: Boil them first in fair Water, and so soon as you can separate the bottoms from the Leaves without breaking, lay them in a Dish, and season them with Nutmeg, Pepper and Cin-

namon, very lightly, having layed a Sheet of Paste under them with some bits of Butter; then lay on Potatoes sliced round the Dish, also some Eringo-Roots and Dates, Beef-Marrow, Raisins and Currants, large Mace, sliced Lemon and more Butter, close it up with another Sheet of Paste, and being baked, liquor it with Grape-Verjuice, Butter and Sugar beat up together, ice it with Sugar and Rose water, and so serve it up.

123. * Artichocks Pye: Boil your Artichocks well, then take the Bottoms from the Leaves, and season them with a little beaten Mace, and put to them a pretty quantity of Butter; lay a Layer in the bottom, then lay in the Artichocks, sprinkle them with a little Salt, put some Sugar over them, put in grated pieces of Marrow rowled up in the Yolks of Eggs, then put in a few Gooseberries or Grapes, and lay upon it large Mace and Dates stoned, some Yolks of hard Eggs, Suckers, Lettice-Stalks, and Citron, cover it with Butter; and when it is baked, put in scalded white Wine, and shake it together, and serve it up.

124. Artichocks to Dress: The best way is to boil them in a Beef-pot, and when they are tender, take off the tops only, leaving the bottoms with some round about them; and then put them into a Dish, putting some fair Water to them, and two or three spoonfuls of Sack, and a spoonful of Sugar, stew them on a Chaffin-dish of Coals, take the Liquor from them, and make ready some Cream with the Yolks of two Eggs, two ounces of Marrow, and as much sweet Butter as will serve.

125. **Artichokes to Fry :** Take the Bottoms of Artichokes tenderly boiled, and dip them in beaten Eggs, and a little Salt, and fry them with a little Mace shred among the Eggs, then take Verjuice, Butter and Sugar, and the Juice of an Orange; dish your Artichokes, and lay on Marrow fryed in Eggs to keep it whole; lay your Sauce, or rather pour it on, and serve them in.

126. **Artichokes to Pickle :** Take your Artichokes not too ripe, for then they will be full of strings, pare them round to the bottom, and boil them tender, take them up, and set them a cooling; then take white Wine, and stale Beer, with good store of whole Pepper, so put them into a Barrel with a little Salt, keep them close, and they will serve for bak'd and boil'd Meats all the Year.

127. **Artichokes Stewed :** Having first boiled the Artichokes, take off the Leaves and the Choak, cut the bottoms into quarters, split them in the middle, put them into a flat Stewing-pan, put under them Toasts of Bread, and the Marrow of two Bones, five or six Blades of large Mace, half a pound of preserved Plums, with two ounces of Sugar, and suffer them to stew together the space of two hours, then put them into a Dish with Sippets, garnished with Barberries, and so serve them up.

128. * **Artichokes to keep all the Year :** Take Artichokes as many as you please, put them into a large round Kettle, to which put fair Water seasoned with Salt, which boil till they

are about three quarters boiled; then take them out, and put in to that Liquor as many more, and boil as before; take them up, and lay them in a Sieve till they are cold; put them into a sweet Firken, or Stone Jar, one upon another, and pour the Liquor upon them, filling the Vessel, and stop them up close. Once in three Weeks look into them, and see whether they want Liquor; which, if they do, put in more Water and Salt. But to keep them more absolutely, to every Gallon of this Pickle, you ought to add Wine, Vinegar, Brandy or Sugar, Spirits of each a pint, which will preserve them to admiration.

129. * **Artichoke Bottoms to keep :** Put the Artichokes into a Salt Pickle 24 hours; take them out, and put them into a pot of boiling Water, boiling so long till you can just draw the Leaves from the Bottoms; cut the Bottoms handsomely and smooth, and put them into a Pot with a Pickle made of Vinegar, Salt, Pepper, a few Cloves and Bay Leaves, upon which put melted Butter enough to cover them, and then tye the Pot down close; when you use them, put them into boiling Water to plump them, and then serve them up.

130. * **To dry Artichoke Bottoms :** Order them as the last, only, instead of putting them in pickle, lay them on Sieves, and set them in an Oven, after Household Bread is drawn, and so dry them well, when you use them, put them into boiling Water to plump them, and serve them up with Butter, or what Sauce you like best.

131. * **Art-**

131. * *Arsenicum*, Arsenick: A Mineral Poisonous Sulphur. It is threefold, all of which are Corrosive and Poisonous, viz. 1. *Sandrarcha*, of the Greeks, which is redish, and is one of the Painters Pigments. 2. *Auripigmentum*, Orpiment, of a glorious Yellow, found in Mines of Gold and Silver, and is another Pigment of the Painters. 3. *Arsenicum Album*, or *Arsenick*, properly so called, which is purely White, and the most poisonous of them all, commonly called *Rats-bane*. It is made by a Sublimation of the other kinds with common Salt.

132. * *Artemisia*, Mugwort: It is mostly given in Womens Diseases. The Powder of the Herb taken to two Drams in White Port Wine, is good against Vapours and Fits of the Mother, as also the Sciatica. Its Juice taken in Wine provokes the Terms in Women, and facilitates the Birth; and is a Remedy against the taking too much Opium.

133. * *Arteria trachea*, or *Aspera Arteria*, the Wind-pipe. It is a Cartilaginous Vessel implanted in the Lungs, consisting of various Rings and Branches. The fore part of it is full of Ligaments, and depressed for the better passing of the Gullet. Its upper part is called *Larynx*, and its lower part *Branchys*. Its Use is to perform the Act of breathing and accelerate the Voice.

134. * *Arteria aorta* vel magna, the greatest Artery: It is the chief and first Blood Vessel with Pulsation, coming from the left Ventricle of the Heart. It consists of four Tunics, and receives the Blood sent from the Lungs into the Heart, elabora-

ted by the refrigerating and nitrous Powers of the Air; and by this *Aorta* it is dispersed by lesser Branches of Arteries for the Nourishment of the whole Body.

135. * *Arteriotomia*, the opening of an Artery: It is done for the Cure of an inveterate Head-ach, Megrim, Madness, Vertigo, Epilepsie, Pains and Inflammation of the Eyes and Ears. The Section is made in Arteries of the Forehead, Temples, behind the Ears, Carotides in the Neck, &c. The Ligatures are made in the Arms or Neck, then the Artery is opened just as you do a Vein; and when the Quantity of Blood is emitted you desire, a very astringent Plaster, with a Plate of Lead over it, is to be applyed, and so well bound up, by which means the Cure will be done in nine or ten days time.

136. * *Arthritis*, *Dorbus Articularis*, the Gout: It is caused from an Acid Effervescence or Defluxion upon the Nerves near the Joints, whose saline sharp Particles irritate, and provoke not only the Nerves but the tendons Membranes and sensible Ligaments of the Bones and Joints, whence proceeds Pain, Redness, Swelling and Inflammations in several Parts, and at length in some Patients gritty and chalky Concretions. 1. If in the Hands it is called *Chiragra*. 2. In the Hips *Ischias*, Sciatica. 3. In the Knees *Gonagra*. 4. In the Feet *Podagra*. 5. It in many Parts, or Wandering, *Arthritis vaga*, the Running Gout or Rheumatism.

137. * *Arum*, Cuckowpint, or Wake-Robin: The green Root of this Plant is dangerous to be eaten, and almost a Poison, yea,

yea, some have been kill'd by eating it; but the dry'd Root is an Antidote against Poison. The Root (of the spotted kind) taken to a dram in Pouder, is an Antidote against Poison and the Plague; and mixt with Honey into an Electuary, is good against Obstructions of the Brest and Lungs, Coughs, Colds, Wheezings, &c. caused by viscus or tartarous Matter lodged in those Parts; it provokes Urine, and is good against Sand, Gravel and Stone. The distill'd Water of the Root is a Cosmetick, and takes away Sunburnings, Tannings, Spots, Scurf, Morpew, and other Deformities of the Skin. The Pouder of the Root cures the Scurvy in a cold Habit of Body, and removes all cold and moist Diseases of the Stomach, Liver, Spleen, Lungs, Reins, Bowels and Womb.

138. * *Asarum*, *Asarabacca*. The Leaves in Pouder make an excellent *Errhine*, so that being snufft up the Nostrils, it cures all inveterate Apoplexies, Epilepsies, Vertigoes, Megrims, Head-achs, Blindness, attracting and educing the Pituitous Humour, even to Admiration; a Shillings worth of this *Errhine* or Pouder will do in the Cure of the aforementioned Diseases more than an Hundred Pounds worth of many other Celebrated Medicaments. Taken inwardly to half a dram, it cures the Dropsie, for it purges vehemently, cold, moist, Phlegmatick and Watery Humours.

139. * *Astites*, a Dropsie of the Belly. If it is once confirmed, it is only to be cured by Tapping; for that great quantity of Water gotten into the Cavity of the *Abdomen* is no ways

to be taken forth, but by that Operation.

140. *Ash*, or *Ash Tree*: The Seed or Ash Keys dried, powdered, and drank in white Wine, provokes Urine. The Juice of the Leaves drank constantly in Drink, prevents Fatness, and reduces those that are so. The Bark and Wood dry and attenuate, and are supposed to soften the hardness of the Spleen by a specifick Quality. The Juice of Ash Leaves drank, and the beaten Leaves outwardly applied, avail much against the biting of any venomous Creature, and stop bleeding. The Juice, with Honey, is good for internal Bruises. The Leaves and tender Twigs boiled in your usual Drink is good against the Dropsie; though the Keys powdered and taken in Wine, in the Opinion of others, are more powerful. The Salt of Ash provokes Urine.

141. * *Asparagus Garden*: Its Root, as well as the Sprouts, are very Diuretick and Lithontriptick, or Stone-breakers. Its Root is one of the five opening Roots, and is said to open Obstructions of Stomach, Liver, Spleen, Lungs, Reins, Mesentery and Womb. It is used in Diureticks against Sand, Gravel, Stones, or Tartarous Matter in Reins or Bladder; cures the Jaundice and Pains in the Back, and helps in all manner of Stoppages of Urine.

142. * *Asparagus to Pickle*: Take a hundred of the largest Asparagus, cut off the White at the ends, and scrape them lightly to the Head, till they look green, wipe them with a Cloth, lay them in a broad Gally-pot very even, throw over them

two penny-worth of whole Cloves and Mace, a little Salt, put in as much White-wine Vinegar as will cover them well, for all Pickles do waste in standing: Let them lie in the cold Pickle nine days, then pour the Pickle out into a Brass Kettle, tinn'd within, and let it boil, put 'em in, and stowe them down very close, set them by a little; afterwards set 'em over again till they are very green, take care they don't boil to be soft, then put them into a large Gally-pot, place them even, and tye them over with Leather.

143. *Asparagus Wilde*, or *Sperage*: The prickly sort of this, which in many places grows wild, being boiled in white Wine provokes Urine, is good against the Stranguary or difficulty in making Water, expels Gravel in the Kidnies or Bladder, eases Pains in the Reins; and boiled in Wine Vinegar, closes the Arteries, and eases the Pains of the Hip-Gout, or *Sciatica*: The Decoction of the Root boiled, and drank, is good to clear the sight, and being held in the Mouth, eases the Pains of the Teeth.

Take of a Decoction of *Asparagus Roots*, a quart, of *White Port Wine* half a pint, *Spirit of Harts-horn* 30 drops, *Volatile Salt of Hogs Blood*, or *Bullocks Blood* ten grains: Mix them; it gives relief in a *Plurisie* in half an hour.

144. * *Asplenium*; *Ceterach*, *Spleenwort*: A strong Decoction of Leaves and Roots in Water or White-wine, opens all Obstructions of the *Viscera*, cures the Rickets in Children, and the *Hypochondriack Melancholy* in Men and Women. It is used

much in Pains, Swellings and Obstructions of the Spleen, to stop spitting of Blood, and Fluxes of the Bowels of all sorts. The Powder thereof given to a dram, is profitable to all the Purposes aforesaid; and if given Morning and Night in Juice of Plantane or Purslane, it is said to cure a *Gonorrhea*, or Running of the Reins, as also the Whites in Women.

145. *Astringent Powder*: Take *Bale Armoniack*, and *Terra sigillata*, of each two ounces; *Pomgranat Flowers*, *Red-Roses* and *Dragons Blood*, of *Sumach* and *Bramble-berries*, *Frankincense* and *Mastick*, of each two ounces: Make all these into a fine Powder.

This Powder taken in Wine, or some Decoction, from a scruple to a dram, in Losses of Blood, Weakness of the Stomach and Intestines, is singular good: It may likewise be apply'd outwardly, incorporated with Whites of Eggs, Vinegar, or some Astringent Water or Decoction, like a Cataplasm, to stop Defluxions and loss of Blood, and to strengthen or close the Parts.

146. Another *Astringent Powder*: This is much more powerful, and stops Bleeding in any Part upon the spot, especially any inward Bleeding, as also the overflowing of the Terms, bleeding at Nose, &c. and also stops any Flux of the Belly: Take *Japan Earth* one ounce; *Pomgranate Peels*, *Henbane-seeds*, of each half an ounce; *Mastick*, *Olibanum*, *Dragons Blood*, *Terra Sigillata*, of each two drams; each being in fine Powder, mix them: Dose, one dram, or dram and half in a glass of *Red Port Wine*.

147. * *Asthma*, or Difficulty of Breathing: It is of four kinds, viz. 1. *Dyspnea*, a difficult Breathing,

Breathing, in which the Breath is drawn often and thick, without Noise or Rattling, and this is from the stuffing of the Lungs.

2. *Asthma*, properly so called, which is a great and often breathing, in which the *Diaphragma*, or *Mirdriff*, and *Intercostal Muscles* and *Muscles* of the *Abdomen*, are vehemently moved with a rattling Noise and Wheezing, caused from a stuffing of the *Bronchia*. 3. *Orthopnea*, or greatest difficulty of Breathing; in which the sick cannot breath but sitting, and the Neck stretched upright. 4. *Apnæa*, or taking away all sensible Respiration, accompanied with extream Danger of Suffocation; it arises from a Complication of Causes; for in this Illness there is not only an Obstruction of the Substance of the Lungs, and an Obstruction of the *Bronchia*, or Pipes of the Lungs, with viscid Humours, but at the same time, there is a Tumour, Swelling, or Distention of the whole Viscus to that degree, as sometimes to cause a Swelling in the Throat, endangering a Suffocation.

148. *Arens; Caryophyllata*: This Herb is Astringent in some degree, it strengthens and discusses, being cephalick and cordial, and resists Poisons; tho' it is mostly appropriated to the Cure of Catarrhs, and for quickning the Blood when thick or coagulated. Wine, wherein the Roots have been steeped, hath a fine pleasant taste and smell: It cheers the Heart and opens Obstructions. The Root infused in Beer is excellent in strengthening the Joints and Bowels. Two

ounces of the Root, or a handful of the Herb boiled in a quart Water or Posset-drink, to the Consumption of a fourth part, has been used successfully in the Cure of Agues, more particularly Tertians, by taking it two hours, or thereabouts, before the Fit comes.

149. *August*, Dishes in season: *The first Course*, Pottage, Partridge Pye, Pottage Sante, Fish, Pigeons marenated, Turkey dobb'd, Veal Cutlets ragou'd, Marrow Puddings, Venison roast, Chine of Mutton and Collops. *Second Course*, Dishes or Plates of Fowls, Peach Fritters, Mushrooms, Tarts, Muscles, Salomongundy, Soals, Craw-fish, Oysters, Loaves of Sweet-Breads, Artichocks, French Beans.

150. * *Auricular Cordis*: The Heart Earlets. There are two of them, the Right and the Left: The Right Earlet receives the Blood from the *Vena Cava*, and carries it into the Right Ventricle of the Heart, whence it enters into the Lungs. The Left Earlet receives the Blood from the Lungs, which discharging it into the Left Ventricle, it is thence sent into the *Aorta*, whence it is distributed to every part of the Body.

151. * *Auricular Judæ, Jews Ears*. They grow upon the Elder-Tree; boiled in Milk or infused in Vinegar, they make a good Gargle for a sore Mouth or Throat, cure Quinsies, and other Inflammations of those Parts; infused in Juice of Fennel with Honey, they make an excellent Ophthalmick, for Inflamed, Watery, Sore and Running Eyes.

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1. **Back Beated:** To Remedy this, Take white Wine a pint, Saccharum Saturni six drams; mix and dissolve; and with this bath the Back Morning and Evening; it never fails.

2. **Back, & Pain in it:** To remove this Pain, Take Oil-Olive eight ounces, Sheeps Suet four ounces, Oil of Amber two ounces; mix 'em, and therewith anoint well Morning and Evening for three or four days, it cures it.

3. **Back to Strengthen:** Take red Rose-water and Sugar, boil it till it is ready to candy, then put in white Archangel-flowers; so take it from the Fire, and make it into little Cakes, and eat them at any time.

4. **Back Wasting:** Take Isinglass, cut it into bits, and dissolve it in Water by boiling, then strain, and add to it an equal quantity of Milk, and to every pint thereof, half a pint of Jelly of Harts-horn; sweeten all with double refin'd Sugar, and let the Patient eat thereof three quarters of a pint, or a pint, in the Morning for Breakfast, and last at Night going to Bed.

5. **Back Weak:** To strengthen the Back, if it be overstrained, or troubled with Pains or Aches, Take the Yolk of a new-lay'd Egg, put to it a quarter of a pint of Muscadel, or Alicant, and being well warmed, grate in some Nutmeg, and drink it hot twice a day. Or the Patient may take the former Jelly of Isinglass, a pint in the Morning fasting; and at Night going to Bed, one, two,

or three grains of our Volatile Laudanum, or Specifick Laudanum, which continued for some time, will not fail to cure.

6. **Another:** Take of the Pith, or Marrow of a black Ox's Backbone, three ounces, Dates stoned and sliced, two ounces; boil them well together in a pint or more of Muscadine, and take from three to six Spoonfuls Morning and Evening, and you'll find it exceedingly strengthen the Back, especially of old People.

7. **Bacon Froise:** Take eight Eggs well beaten, a little Cream and a little Flower, beat them well together, like other Batter; then fry very thin slices of Bacon, and pour some of this over; then fry it, and turn the other side, pour more upon that, so fry it, and serve it to Table.

8. **Bacon, the Gammon,** to bake with Ingredients: Take a Westphalia-Gammon, boil it down, take off the skin, season it with Pepper, and a little minced Sage, stick it with Lemon-peel on the upper side; then having a Crust of hot butter'd Paste, (something high) put it in the middle thereof: take a dozen of Pigeons, and as many Lamb-stones and Sweet-breads of each, season them with Pepper, Salt, Cloves and Mace; lay your Pigeons round about the Gammon, and your Lamb-stones and Sweet-breads round on the top of it; lay over it large Mace, a few sweet Herbs minc'd, and put on Butter all over, the Gammon being tenderly boil'd before, will be

be fully baked with the Pigeons and Sweet-breads; close up your Pye, and let it have a gentle soaking, your Crust need not be very thick for so much baking as your Ingredients will ask; when it is enough, let your Lear be Claret-Wine, boiled up with two or three Onions, a Faggot of sweet Herbs, with half a handful of Sage boiled and minced, a little strong Broth, and drawn Butter, thickned up with the Yolk of an Egg; when you dish up your Pye, cut it open, pour in your Lear, and shake it about; put on your Lid again, and serve it.

9. **Balsam Artificial:** The following Balsam is very excellent for any Wounds, Burns, Scalds, old Sores, Blotches, Scabs, &c.

Take Oil Olive a quart, Sheep's Suet, Bees-wax, Strasbourg Turpentine, of each two pounds, Gum Elemi one pound, Balsam Capivi half a pound, Liquid Storax, Balsam de Chili, of each four ounces; Chymical Oils of Carraways, Fennel and Lemons; Oil of Anniseeds, of each an ounce: Melt, mix and make a Balsam. It heals all sorts of Wounds at one Intention, if not of too great a magnitude, yea, even Wounds of the Nerves; and all manner of Pains and Aches in any Part being anointed thereon, and applied with Lint, and bound on; it cures the Gout in the Hands or Feet to a wonder.

This Balsam likewise cures the Head-ach, only by anointing the Nostrils therewith; also it is exceeding good in the Wind Colick, or Stiches in the side; being warmly applied to the Side or Belly, an ounce at a time, for four Mornings.

10. **Balsam of Lucatella,** so highly in esteem for its Vertues, is made after this manner: *Take Olive-Oil three pints, Venice-Turpentine one pound, yellow Wax one pound, natural Balsam two ounces; red Saunders in Powder, and Oil of St. John's Wort, of each two ounces; Canary half a pint; wash the Turpentine three times in Rose-water, then slice the Wax thin, and place it on the Fire, and being thinly melted, put in the Turpentine, incorporate them well by stirring; then let it stand till next day; cut it in thick slices, and let all the Water drain out, and melt it again; put in the aforesaid Oils, Balsam, and Saunders, with the Sack; stir them well together again over a gentle Fire for the space of an hour, that it may become thick; and being cool, use it for Wounds with Gun-shot, Scalding with Lead, Sulphur, Blasting, &c.*

11. **Balsam of Hartman,** which cureth green Wounds, and a Cut in twenty four hours: *Take Oil of St. John's Wort, Oil of Earthworms, Turpentine and Mastick, of each one ounce; mix and incorporate them over a gentle Fire, then put it up, and keep it for use. Apply it warm with a little Lipt.*

12. * **Baton to dry:** Cut the Leg with a piece of the Loin (of a young Hog) then with Saltpeter, in fine Powder and brown Sugar mix'd together, rub it well daily for 2 or 3 days, after which salt it well; so will it look red; let it lye for 6 or 8 Weeks, then hang it up (in a drying-place) to dry.

13. * **Balls of Fort's Spent.** Take Beef Marrow, Lamb's Liver scalded, and shred small; of each a quarter of a pound Yolks of three Eggs beaten; stew'd Spinage cut small 3 ounces; Savory

very and Thyme chopt very small, of each an ounce; Pepper, Cloves and Mace in Powder, of each a Scruple; Salt enough to savour it: mix all well together, and with fine Crumbs of white Bread a sufficient quantity, beat all up into a Paste; of which make Balls, &c.

14. **Barberries:** These are cooling and astringent, they provoke Appetite, are great strengtheners of the Stomach, which is the reason the Conserve is used so much in Fevers, Looseness and Bloody-Flux, for which it is very good: The inward Bark of the Branches and Root steeped in white Wine, are prevalent in the Cure of the Yellow-Jaundice: A Decoction of the Bark, the Juice of the Berries, or the Juice of the Leaves mixed with Vinegar, cure the Tooth-ach, occasioned by fluxion of Rheums. The Conserve is usually taken with success in Inflammations of the Mouth and Throat; or more expeditiously, if the Mouth be gargled with some of the Conserve dissolved in Vinegar and Water.

15. **Barberries to Pickle.** Take the largest Bunches, steep them an hour or two in warm Water and Salt, then boil up the Water with more Salt, having first taken the Barberries out; when the Liquor is cool, put in a few slices of Ginger, and a little lump of Alom, and then press the Barberries down with a Stone or a Slate, cover them close, and keep them for your use. Thus Medlars, Services, Grapes, and such like Things, are pickled to keep all the Year.

16. * **Barberries to pickle** another way. Make a Pickle of

Water and Salt with some of your worst Berries, so strong as to bear an Egg, letting it boil for half an hour, scumming it; and when cold, put it into an Earthen Jar, into which put your choice Barberries, and stop them close up.

17. * *Another way.* Make the Pickle as in the former, strong enough to bear an Egg, to every Gallon of which put two quarts of white Wine Vinegar, and two pounds of brown Sugar: Into this put your choice Barberries (in a stone Jar) which tie down close with Leather, and keep them for use.

18. **Barberries to Preserve:** Take the fairest Barberries when they are ripe, stone them, and to one pound of Barberries put two pound and a quarter of double refin'd Sugar; beat your Sugar fine, and lay your stoned Barberries in a Dish, strow some Sugar on them, then take the rest of your Sugar, and make a high Syrup, with a little Water no more than to wet the Sugar; stamp and strain some other Barberries, take of the clear Juice and a quantity of Sugar to it; when you put in your Barberries into the Candy, at the same time put in the clear Juice with the double weight of Sugar to the Juice; boil 'em as quick as you can, for they will soon lose colour; a little time with quick boiling will do them.

19. *Another way:* Take fair ripe Barberries, stone them, then weigh them, and to every pound of Barberries put two pound of fine Loaf-sugar, beat it and searfe it thin, take a deep Gally-pot, put in first a layer of Sugar, then a layer of Barberries, so do till you have fill'd the Pot, then tie

it close down. They will keep all the Year.

20. **Barberry Tree**, the Virtue: The inward Rind of this Tree boiled in white Wine, and every Morning a quarter of a pint of it drank, is very much approved for cleansing the Body from Cholerick Humours, and freeing it from such Diseases as Choler causeth, viz. Scabs, Itch, Tetter, Ring-worms, Yellow-Jaundice, Boils, and the like. It is also excellent for Agues and Burnings, scalding Heat of the Liver, and the Bloody-Flux. The Berries have the same Virtue.

21. **Barly**: This is a common Grain among us, and of great use in many Cases; many of its Virtues are known but to a few. It is too well known to need a Description.

Its Virtues; the Meal of Barly boiled in Honey and Spring-Water, resolveth all inflammations or Imposthumes; with Rosin, and Pigeons Dung, it ripeneth all hard Swellings; with Melilot and Poppy-seeds, it easeth Pains in the Sides; applied Poultisewise pretty hot, and mixed with bruised Quinces or Vinegar, it easeth the Inflammation of the Gout in the Legs or Feet: The Ashes of burnt Barly mixt with Olive Oil, is very good for Burns or Scalds.

22. **Barly Broth**: Take French Barly, boil a pound of it in three quarts of Water, boil them together a while with some whole Spice, then put in as many Raisins of the Sun, and Currans as you think fit; when it is boiled, put in Rose-water, Butter and Sugar, and so eat it.

23. * **Barly Cream**: Take Hull'd or Pearl Barly; boil it in a first Water, which cast away;

afterwards boil it in 3 quarts of fair Water till it is tender, then beat it in a Stone or Marble Mortar to a Pap, and strain it thro' a thin Flannel, or Cheese Cloth, with a little of the Liquor, rubbing it with the end of a Ladle; add to it half a pint of pure rich Almond Milk, white Sugar a sufficient quantity, and 6 Spoonfuls of Damask Rose-water.

24. * **Barly Budding**: Take Hull'd or Pearl Barly a pound, well wash'd; new Milk 3 quarts, fresh Cream one quart, double-refined Sugar half a pound, or more; one Nutmeg grated, Salt enough to season it: Mix and put all into a deep Pan, and bake it with Brown Bread; then take it out, and add to it 4 or 6 Eggs well beaten; Beef Marrow 6 ounces, grated Bread a quarter of a pound. Mix all well together, put it into another Dish, and then bake it again; so it will be excellent.

25. **Barly Pottet**: Boil half a pound of French or Pearl Barly in 3 pints of Milk, boil it till it is enough, then put in a pint of Cream, some Mace and Cinnamon; sweeten it with fine Sugar, and when it is just warm, pour in a pint of white Wine, froth it up, and eat it with a Spoon; or press out the liquid part, and drink it.

26. **Barly Pottage**: Take a pound of hull'd or pearl'd Barly, cleanse it well from Husks, put it into two quarts of Milk to steep, and boil it a little; when it is pretty well boiled, put in a quart of Cream, half an ounce of Salt, some Mace, a little Stick of Cinnamon broken in small Pieces; and when it is thick enough, scrape some fine

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Sugar into it, and serve it up.

27. *Basil* (*Garden*.) This comforts the Heart, and expels Melancholy, moves the Courses, and cleanses the Lungs.

Take Juice of Basil two pounds; Oil Olive, Sheeps suet, of each a pound; boil it till the watery part is consumed; then add Turpentine a pound; Gum Elemi half a pound, Balsam Capivi four ounces, and mix them well; so have you an excellent Balsam for all green Wounds, which if presently applied, cures at the first Application. It also eases Pains and Aches, and helps the Gout in any part; and is profitable for old Ulcers, though of long standing. If they be very much putrefied, you may add to it upon that occasion to every ounce of the Balsam, a scruple or half a dram of fine Verdigrise.

There is another sort, called Wild Basil, which forces the Courses and the Birth, and removes Melancholy, being bruised and infused in Wine.

28. *Bastings* of *Beats* or *Fowls*: (1.) Clarified Suer. (2.) Fresh Butter. (3.) Minced Sweet-herbs, Butter and Claret-wine; and this last is excellent for Mutton or Lamb. (4.) Water and Salt. (5.) And especially for a flayed Pig, Cream and melted Butter well beaten up together. (6.) Yolks of Eggs, Juice of Oranges, and grated Bisket: And if this be intended for large Fowl, as Bustards, Peacocks, or Turkies, you may use the same.

29. *Bath* for the *Legs*: For Diseases in the Legs make this Bath, Take Sorrel and Fumitory, of each two handfuls, Nep one handful, Barly, Bran, and Lupins, of each half a handful, and a like quantity of Violet, and Mallow-Leaves; white and black

Ellebor, of each an ounce, Honey two ounces, let them boil in a sufficient Quantity of Water till the third part be consumed, and then bath the Legs with it very warm. It is good for Sores, Scabs, Botches, Boils, Aches, and the Gout.

30. *Bay-Tree*: The Decoction of the Leaves, Bark and Berries of this Tree, makes an excellent Bath for the Diseases of the Womb and Bladder: The Oil of Bayberries is very useful in cold Diseases of the Nerves and Joints. The Electuary is frequently used in Clysters to expel Wind, it also eases the Pains of the Colick; and in like manner does the Decoction of the Berries in Ale or any dulcified Liquor.

31. *Bdellium Tincture*: Take Bdellium in Pouder, one ounce, Spirit of Wine sixteen ounces, mix, digest, and extract a Tincture, which keep for use. This, as the Gum, eases the Colick, provokes Urine and the Terms, expels the After-birth, and is Traumatick and Vulnerary: The Dose is from one dram to a dram and a half.

A Balsam against a Fellon: Take Sheeps-Suet four ounces; Oil Olive two ounces; Turpentine, Edellium in fine Powder of each one ounce, melt and mix them, and apply it, it draws, eases the Pains, heals, and perfects the Cure alone, without any other application.

Beans French; See French Beans.

32. *Beef Alamode*: To make the best way: Take of the Fillet of Beef and the lean of Pork, shred them together and season it; then take Bacon and cut it into big Larding-pieces, rowl them in Pepper

Pepper and Salt, and lay them between the Meat in the Stew-pan, and let it stew easie in its own Broth, and it will be exceeding short and tender; and will taste like Venison. You may also make an excellent Pye or Pasty of this, putting Butter upon it.

33. **Beef Spring-Garden way**: Take a piece of lean Beef, cut it in thin slices as you do Scotch Collops, lard it thick with Bacon, put it into a Pot with Mace, Pepper and Salt, and two or three Bay-leaves and a Bunch of sweet Herbs, and so bake it, clear out all the Gravy, fill it up with clarify'd Butter.

34. **Beef Alamode**: Beat a Peice of Beef well in a Mortar, then shred half its weight in Suet, season with Salt, Pepper and Mace very high, add to it sweet Marjoram and Thyme, mix it well, and put it in a Pot and bake it; when it is bak'd, empty out the Gravy, and fill up the Pot with clarify'd Butter.

35. **Beef to Collar**: Take the Flank, and when you have taken out the Sinews, the more skinny part, and some of the Fat put it into as much Water and Salt as will cover it; let it steep three Days, then hang it to drain in the Air, and dry it with a Linnen Cloth; Mince Tops of Sage, Rosemary, Marjoram, Savory and Thyme shred small, get a quarter of an ounce of Cloves, a slice or two of Ginger, half an ounce of Pepper, and some Salt, rowl them up in it, bind it up well, and put it into an Oven and bake it.

36. **Beef-Pye**: Take the Buttock of a Fat Ox, slice it thin, mince it small, and beat it in a

Mortar to a Paste, then lard it very well with Lard, and season it with beaten Spice, make your Pye, and put it in with some Butter and Claret-Wine, and so bake it well, and serve it in cold with Mustard and Sugar, and garnish it with Bay-Leaves.

37. **Beef to Soure**: Take of Buttocks, Cheeks, and Briskets of Beef, season any of them four Days with Pepper and Salt, rowl them up as even as you can; boil them in a Cloth ty'd fast about, in Water and Salt; and when it is pretty tender, put it into a Hoop-frame to fashion it round and upright; dry it in some smoaky Place, or in the Air, and cutting it out in Slices, serve it up with Sugar and Mustard, observing before you dry it, to souce it in Water and Vinegar, and a little White-wine and Salt.

38. * **Beef Alamode**: Take a fleshy piece of Beef, freed from its Fat and Skins; beat it well and flat with your Rowling-pin, lard it with fat Bacon quite thro' as long as your Meat is deep, and as big as your little Finger; season it high with Salt, Pepper, Cloves and Mace. Put it in a Pot, to which add good strong Broth to boil it in, with a handful of sweet Herbs, as Savory and Time, with a few Bay Leaves; boil it till it is tender, then add a pint of Red Port Wine and four Anchovies, which stew till it is perfectly enough. If the Liquor is too much to stew it in, take some of it out, as much as you think fit, before then put in the Wine and other Things. When the Liquor thickens and tastes well of the Spice, take it up,

rub the Dish with Shalots, and and so eat it either hot or cold.

39. * **Beef Stakes to fry :** Take Rump Stakes, beat them well with a Rowler, fry them in half a Pint of Ale, or more ; sprinkle them with Salt and Onion cut small. When fried enough, add Savory, Time, Parsly and Shalot, with a little Onion and Nutmeg chopt very small, which rowl up in a piece of Butter with Flower, shake it up very thick, and then serve it ; or thus, Half broil your Stakes, then put them into your Stew-pan, cover them with Gravey, season them very well ; rowl up the Herbs, Shalot, Onion and Nutmeg, in Butter with Flower, and thicken with the Yolk of an Egg, and so serve it. You may draw Gravey from an Oxe's Kidney, cut in two or more pieces, and seasoned high with Salt and Pepper, an Onion, some sweet Herbs and Butter, putting Water or Wine to it, enough to cover it, and so gently stewing it.

40. * **Beef to Pot, as you do Venison :** Cut the Lean of a Rump, or Veiny, or Buttock of Beef, into several pieces, freeing it from all its Skins, and beat it well with your Rowling-pin ; rub it well in with Salt Petre in fine Ponder, lay it in a Tray for two days, turn it once a day and take it out ; season it well with Salt and Pepper ; cut a little Beef Suet into long Slices, season it with Salt and Pepper, lay it in your Pot, then the Beef upon that, &c. the Pot being full, or nearly full, break into small pieces two pounds of fresh Butter, which put on the top ; tye it down and bake it with white Bread. When baked, take it out

of the Pot with a Skimmer, to drain the Gravey from it ; put it into a Mortar, taking out all the Skins and Veins (if any) and beat it with a little of the Butter you skim off ; then put it all into another Pot, and pour the Butter over it (keeping back the Gravey.) If there is not Butter enough to cover it, clarifie as much Butter as may cover it an Inch above the Meat. Let it stand 4, 6, 8, or 10 days in a Cellar, before you cut it, and it will be exceeding fine, good and palatable.

41. * **Beef to Collar :** Beat a large Flank of Beef very well with your Rowling-pin, to make it lie flat ; cut it smooth, and take out all the Gristles and Veins ; take an ounce of Peter Salt in fine Ponder, a quarter of a pound of brown Sugar, mix them, and laying the Meat in a Tray, rub them into it well with your Hands, sprinkling it once a day with Well or Pump Water ; let it lie three days, then season it with Salt, Pepper, Nutmegs, Sage and sweet Herbs, which being cut, throw them over the Meat, rowl it up, close it like a Collar of Brawn, bind it about with course white Tape very tight ; put it into Water enough to cover it, season it with Salt, Pepper, whole Mace, a Bundle of sweet Herbs, Bay Leaves and an Onion, so bake it. When cold, rowl it up hard in a course Cloth, let it lie till next day, and then you may eat it ; or you may keep it in the Liquor it was baked in. When it is cold, take off the Fat, and boil it with more Water, and if not seasoned high enough, season it higher, and when cold, put it into a long Pot,

Pot, cover it with Pickle ; which, if you now and then boil up the Pickle as you see occasion, the Collard Meat will keep a considerable while.

42. *Beet White* : It loosens the Belly, and the Juice snuffed up the Nostrils, occasions sneezing, and purges the Head : The Leaves boiled and eaten with Vinegar, create an Appetite : They extinguish Thirst, suppress Choler in the Stomach. The Juice of this *Herb* snuffed up into the Nostrils, gives ease to an inveterate Head-ach.

The Juice of Beet Roots is a good Errhine, and being for some time snuffed up the Nostrils, clears the Head of all manner of Stuffings, and brings away the Matter which is the cause of Apoplexies ; and if any one be seized with an Apoplexy, it is good to Syringe it up the Nostrils, and when the Fit is off, to use it Morning and Night, for 30 or 40 Days, for by that means in a Partil Apoplexy, the Morbifick Matter is fully brought away, and the Patient perfectly cured.

43. * *Beet Red. Beta rubra.* Its Root is larger than any Carrot, and in the same form, of the deepest Red Colour. Boiled in Water till it is soft ; and then dress'd with Butter, a little Salt, Pepper and Vinegar, it may be eaten as Spanish or English Potatoes, Parsnips, Carrots, &c. it nourishes much, and restores in Consumptions : Eaten cold (being first boiled and sliced thin) with a little Salt, Pepper and Vinegar, it is an admirable Sallet, strengthens the Stomach, and very much gratifies the Appetite.

44. * *Bean Tarts* : Take green Garden Beans boil'd and

hull'd, put them into Puff Paste in patty Pans ; a layer of Beans, and a layer of wet sweet Meats, as of Apples, Apricocks, Peaches, Pears, Plums. Strew in a little Sugar between each layer, cover your Tarts, making a hole therein, into which put a quarter of a pint, more or less of Limon Juice, or Lime Juice ; Marrow seasoned with Salt, Cloves, Mace, Nutmeg, Candid Limon and Orange Peel. When they come out of the Oven, put into every Tart White-wine thickned with the Yolk of an Egg and a bit of Butter, and so let them be eaten hot.

45. *Benjamin* : This is an odoriferous, fragrant, and well scented yellow Rosin, or Gum, very much used among the Perfumers ; it attenuates, and is pectoral, used chiefly inwardly against Catarrhs, Coughs, Colds, Asthma's, Obstructions of the Lungs : It purges the Brain by sneezing, and likewise fortifies the Heart, and resists malignant Humours, being taken in Wine, half a dram Morning and Night.

46. *Benjamin-water* : Take of Benjamin and Storax each one ounce and a half, beat it very small, and sift it ; take a pint of the best Spirit of Wine, put the Benjamin and Storax into it ; let it stand one Night in a Glass Bottle close covered, then set it a boiling in a Kettle of Water six hours, take it out and shake it now and then, when it is enough take it out and let it settle, and keep it for your use.

47. *Benjamin Spirit* : Put one pound of Benjamin in a Cucurbit of Glass, and distil it in *Balneo Maria*, or a Sand Furnace, and there will first come over a

clear Liquor, which will have the odoniferous Scent of Benjamin.

48. Benjamin, a Tincture: Take of Benjamin three ounces, Storax half an ounce, let them be powdered grossly, put them into a Matraass or Bottle, so that either of them may be but half filled, then pour on them rectified Spirit of Wine, stopping them close, and covering the Vessel with warm Horse-Dung; so let the Materials digest for fourteen Days, then filter the Liquid part, and keep it close stopped in a Glass Viol, and you may, if you please, add 10 or 12 drops of Balsam of Peru, to give it the better Scent.

This wonderfully whitens the Face and Hands, and is an excellent Wash to take away Spots or any Deformities; but you must not put above a dram of it into four ounces of Water, which is sufficient to turn it to the whiteness of Milk, and then it is called by the Beautifiers *Lac Virginis*, Virgins Milk.

49. * Betony, Betonica: Schröder says it is hot and dry, acrid and bitter, discusses, opens, attenuates and cleanses. It is Cephalick, Stomack, Hepatick and Splenetic, Uterine, Diuretick and Vulnerary; used much in Diseases of the Head. The Leaves (which are chiefly used) are aromatick and agreeable to Nature. Its Juice given two or three ounces in white Port Wine is good against cold and moist Diseases of the Head and Brain, as Apoplexies, Epilepsies, Headachs, Lethargies, Megrims, Vertigo's, &c. as also the Gout and Palsie in what part of the Body soever, being taken for 40 Days together.

50. Bezoartick Balsam: Take

distilled Oils of Rue, of Citrons, of Oranges, of Lavender, and Angelica, of each a scruple; Oil of Amber rectified five Drops, Camphire ten Grains, Oil of Nutmegs half an ounce; make these into a Balsam by well incorporating over a gentle Fire.

It is good in Pestilential Airs, and Apoplectick Fits, or any Disorder of the Brain.

51. Bezoartick Powder: Is a very highly esteem'd thing, and excellent against all sorts of Poisons and Venoms; for it fortifies and defends the noble Parts, and expels the Malignity by Sweat, or by insensible Transpiration. The Dose taken in Sack, or some other Cordial Wine or Water, is from a scruple to a dram.

52. Bezoar Stone: The use of this is excellent in all Pestilential Distempers, being a rare Cordial to fortifie and strengthen the Heart in any Plague or Pestilential Fever: Take a scruple or more in a spoonful of Carduus, Bugloss or Borrage-Waters, and keep your self moderately warm Morning and Evening.

53. Bezoardick Water, in our *Phylaxa Medicina*, Cap. 2. Take Methridate six pounds; Virginia Snake-Root, Contrayerva, Zedoary, of each six ounces; Cloves, Mace, Nutmegs, Cubebs, Cardamoms, Carraways, Bayberries, Juniperberries, Gentian, Winters, Cinnamon, Jamaica Pepper, black Pepper, Ginger, of each three ounces; Saffron, Cochineel, Limon-peels, Orange-peels, (the yellow only) of each two ounces; Rosemary and Lavender-flowers, Angelica, Bawm, Mint, Panitoyal, Sage, Savory, Thyme, Sweet Majoram, of each three handfuls; Spirit of Wine three Gallons; bruise what

what are to be bruised, and digest all together for fourteen days; then put thereto white Wine four Gallons; distil all in an Alembick with a Refrigeratory, and draw off three Gallons of pure Spirit, which reserve; then change the Receiver, and draw off two Gallons more, which make into a Syrup with treble refin'd Sugar, to which add the first distilled Spirit. shake them well together, and let them stand till they are fine. It is good against Poison, Plague, spotted Fever, Small-Pox, Measles, and all sorts of Malign Fevers, cures Bitings of all sorts of Serpents, and other Venomous Beasts, comforts the Head, Brain, Stomach, Nerves and Bowels, by warming them; strengthens the Internal Faculties, causes good Appetite to Food, and a strong Digestion, eases the Colick, and helps fainting and swooning Fits, as also Sickness at Heart and Stomach, restoring the Decays of Nature. It is a very great Cordial, good against Sadness and Dejection of Mind, revives all the Spirits, and makes merry a sad and drooping Heart. It is good against Head aches, Megrims, Vertigo's, Lethargies, Dulness, Drowziness, Palsies, Apoplexies, &c. Dose, two spoonfuls or more, now and then upon any Illness, or other occasion. It is good against Surteits, Coughs, Colds, Catarrhs, &c.

54. Bifol, or Twa-blade :

This small Herb growing up from a Root that has something of a sweet Savour in it like Garden Musk, is good, being bruised or applied to green or old Wounds; and also for Ruptures, the Herb being applied poultice-wise when the Parts are well trussed up.

55. Bilberries: These made into a Syrup, are cooling and astringent, allay the Heat of the Stomach and quench Thirst.

Bills of FARE.

56. Bills of Fare for January: Brawn and Mustard, boiled Capons in white Broth, two Turkeys, a hash of 12 Partridges, a Shoulder of Mutton, two Brant Geese boiled, farc'd boild Meat with Snipes and Ducks, a Marrow Pudding baked, Surloin of Roast Beef, Minc'd Pyes, ten in a Dish, or as many as you please; Loin of Veal, a Vension Pasty, a roasted Goose, two Capons, one larded, and Custards. *Second Course*, Oranges and Limons, a side of roasted Lamb, a souc'd Pig, two couple of Rabbits, one couple larded, a Duck and Mallard, one larded; six Woodcocks, three larded; a Warden Pye, a Dish of Quails, dried Neats Tongues, six Pigeons, three larded; a souc'd Capon, pickled Mushrooms, pickled Oysters and Anchovies in a Dish, twelve Snipes, six larded; an Orangeado Pye, Tart Royal of dried and wet Suckers, Sturgeon, Tarts of divers Colours, Plates of Sweet Meats.

57. Bills of Fare for February, Collops and Eggs, Brawn and Mustard; four Rabbits hash'd, a grand Ericsie, a grand Sallet, a Chine of roast Pork. *The Second Course*, a side of Lamb roasted, a Pippin Pye, a Jole of Sturgeon, a Bacon Pye with Apples, a cold Turkey Pye, Jellies, a Tart Royal.

58. Bills of Fare for March: Brawn and Mustard, fresh Neats Tongues

Tongues and Udders, three Ducks, a roasted Loin of Pork, a Venison Pasty, a Stake Pye. *Second Course*, a side of Lamb, six Teal, three larded; Lamb-stone Pye, two hundred of Asparagus, a Warden Pye, Marenated Flounders, Jellies, Tarts Royal, White Ginger-bread.

59. *Bills of Fare for April*: A Bisquet, Cold Lamb, Roasted Haunch of Venison, Gossins, a Turkey, Chickens, Custards, Almonds dipt and dryed brown. *Second Course*, a side of Lamb in Joints, eight Turtle Doves, a cold Neats Tongue Pye, eight Pigeons, four of them larded; a Collar of Beef, Lobsters, a Tansie.

60. *Bills of Fare for May*: Scotch Pottage, or Skink Broth; Scotch Collops of Mutton, a Loin of Veal, a Palate and Olive Pye, three Capons, one larded; Custards, Cheescakes. *Second Course*, a side of Lamb roasted; Quince Pye, Tart Royal, Gammon of Bacon Pye, Jole of Sturgeon, Artichoke Pye hot, Bologna Sausages, Tansies.

61. *Bills of Fare for June*: Shoulder of Mutton hash'd, a Chine of Beef, Venison Pasty cold, a cold Hash, Leg of Mutton roasted, four Turkies, Chickens, Stake Pye of fat Beef, Veal, Mutton and Lamb. *Second Course*, a Kid, or very young Lamb, Rabbits roasted and fricafied, Shovelers, Pigeons roast and broiled, Pewits, or Lapwings, a Palate Pye, a Sweet Bread Pye, Cheescakes, Custards, Tarts.

62. *Bills of Fare for July*: Musk Melons, Pottage, boiled Pigeon and Bacon, a hash of Caponets, a Fawn, larded Rabbits, a grand Sallet, Tarts of all

sorts, Custards, Cheescakes. *Second Course*, French Beans, Green Pease, Pease-porridge, four Gulls, two larded; green Codling Tart, Eggs Portugal and English, of Hens, Ducks and Turkies, *Selsey* Cockles roast, preserv'd Sweet Meats.

63. *Bills of Fare for August*: Scotch Collops of Veal, a boiled Brest of Mutton with Turneps, a Fricafie of Pigeons, a stewed Calves-Head, four Gossins, or young Geese; four Caponets, Tarts, Custards. *Second Course*, Twelve Dotterels, six larded; Tarts Royal of Fruit, Furmety, a Heath Pout Pye, marenated Smelts, Gammon of Bacon, *Selsey* Cockles stew'd or roasted.

64. *Bills of Fare for September*: An Olio, a Brest of Veal roasted, twelve Partridges hash'd, a Chadron Pye, Westphalia Ham, a grand Sallet, Tarts, preserved Fruit, Custards. *Second Course*, Rabbits, two Hens; one larded, Florentine of Tongues, eight Pigeons, four roasted, four broiled, four Pheasants, two larded; cold Hare Pye, Oysters stew'd, *Selsey* Cockles, Gammon Pye.

65. *Bills of Fare for October*, boiled Ducks with Onion Sauce, Hash of a Loin of Veal, two Geese, one larded; Westphalia Ham, Tart Royal, Cheescakes, Custards. *Second Course*, Pheasant Pouts, ten broiled Pigeons with good Sauce, twelve Knots, a Potato Pye, a Sweet Bread Pye, a Turbut, Cheescakes, Tarts, *Selsey* Cockles, large Oysters roasted.

66. *Bills of Fare for November*: A Shoulder of Mutton stuff'd with Oysters, a Fillet of Veal stuff'd with Marrow, Beef

Beef Suet, hard Eggs, Spice and sweet Herbs, potted Pigeons, a Loin of Veal roasted, a Goose roasted, a Venison Pastey, Tarts, preserv'd Fruits. *Second Course*, A larded Hern, one not larded; high seasoned Pigeon Pye, a souced Turbut, two Pheasants, one larded; Westphalia Ham, souced Mulletts, Jellies and Tarts of Fruit in season, Gammon of Bacon.

67. *Bills of Fare for December*: Stewed Broth of Mutton and Marrow Bones, a boild Leg of Pork and Turneps, a Lambs Head, and white Broth, a Fillet of Veal stuff'd, a side of Lamb roasted, a Chine of Roast Beef, Minced Pyes, a Turkey larded and stuck with Cloves, two roasted Capons, one larded; Tarts, Cheescakes, Custards, preserv'd Fruits, dried Apples and Pears. *Second Course*, a very young Kid or Lamb roasted, a Dish of Partridges, *Bolonia* Sausages, a Dish of Anchovies, garnished with Mushrooms and other Pickles; a Dish of Caveer, pickled Oysters, potted Pigeons, a Quince Pye, hot Minced Pyes, a Dish of Woodcocks, Plum-Porridge, &c.

68. *Birch Bark*: It is bituminous, and therefore mixed with Perfumes, it renders a wholsom Air in such Places as it is burned. The Fungus, or Mushroom, of it has an Astringent Quality, so that it very strangely stops Bleeding. The Tree being pierced in the Spring before the Leaves come forth, yields a very wholsom and nourishing Liquor against the Dropfie.

69. *Birch Wine*: To every gallon of Birch Wine, add one quart of Honey, or two pounds of Sugar, boil it half an hour,

and scum it well, let it stand and settle till it is cold; then pour it from the Grounds, and put to it a little Ale Yest, and let it work a whole Night, close covered in a Tub, Tun it into a close Vessel, and let it stand a Fortnight, then bottle it, and within a Month afterward you may drink it.

70. *Birch Tree-Leaves*: These are hot and dry, cleansing and resolving, opening, and bitter, for which Cause they are much available in Dropfies, and the Scurvy, and taking away the Scurf and Deformities from the Skin. The Decoction of them in Water or White-wine is very good to wash old Sores or Breakings out in any part of the Body.

71. *Birds Foot*: This is of a drying quality, and therefore used successfully in Drinks or Portions to be given for Wounds, as also to be applied outwardly. It also helpeth Ruptures, being taken inwardly.

72. *Bisket*: To make Bisket the best way, Take half a Peck of Flower, four Eggs, half a pint of Yest, an ounce and a half of Anniseeds; make these into a Loaf with sweet Cream and cold Water; fashion it somewhat long, and when it is baked, and a day or two old, cut it into thin slices like Toasts, and strew them over with powdered Sugar, dry it in a warm Stove or Oven, and sugar it again when dry; and so do three or four times, then put them up for use.

Bisket (Maples): See *Maples Bisket*.

73. * *Bisket made another way*. Take fine Sugar, fine Flower well dried; of each a pound: 12 Yolks of

of Eggs, with six Whites; beat the Eggs an hour, then strain them, and put them to the Sugar; beat them again, then put in the Flower, and such Seeds as you like (in fine Powder.) Butter your Plates or Moulds, and let them not stay so long in the Oven as to be over-colored.

74. * *Bisket thus made*: Take fine Sugar a pound, eight Eggs, half a quartern of Canary; beat them together one hour: then put to them fine Flower a pound, Coriander-seed in Powder half an ounce; mix and beat them well together: Butter your Pans, which bake for half an hour; turn them, and brush them over the top with a little of the Eggs and Sugar; then set them in the Oven for half an hour.

75. * *Bisket Drops*. Take fine Sugar a pound, four Yolks and two Whites of Eggs, a quartern of Sack; beat them well together for an hour, then add the Seeds in Powder, and fine Flower a pound or more: beat them well together again. Drop this soft Paste upon butter'd Paper, and bake them in a gentle Oven. As you set them, ice them with fine Sugar.

76. * *Bisque of Fish*. Take what fresh Fish you please well cleansed; steep it in white Wine and Vinegar, whole Spice, whole Onions, a bunch of sweet Herbs, one Limon shred, and a handful of Salt; cover the Fish almost with the Ingredients, and steep them an hour or hour and half: Then having ready a Pot of fair Water boiling, put in your Fish with the Ingredients; and when boil'd about half enough, put in the boiling Water to it, so will the Fish be very firm. Fry some

of them in hot Liquor; and a rich Sauce being made with Oysters, Shrimps, Mushrooms, Anchovies, Capers, sweet Herbs, whole Onions, one stuck with Cloves, Nutmeg, Horse Radish scraped, Juice of a Limon, and Yolks of two Eggs; all which being mixed with two pounds of Butter, shak'd up very thick; then dish your Fish on Sippets, and run over your Sauces: Garnish your fried Fish with Parsly, Horse-Radish, and sliced Limon, and serve it up hot.

77. *Bistort the Greater*: This is cooling and drying, the Root is harsh and astringent, being mostly used to stop Vomiting, and to prevent Abortion, &c. The Powder of the Root mixed with Conserve of Roses, prevents spitting of Blood, as also the Bloody-Flux: It stops the immoderate Courses, and the Powder sprinkled on fresh Wounds stays bleeding.

Take the Roots of Bistort and Tormentil, of each an ounce; of the Leaves of Burnet, Wood-sorrel, and Meadowsweet, of each a handful; burnt Harts-horn an ounce; boil them in three pints of Spring-water, to the Consumption of a third part; then add three ounces of red Roses, strain the liquid part, and take six spoonfuls a day if you see convenient.

For spitting Blood, or inward Bleeding, Take Bistort in fine Powder, Catechu in Powder, Jesuits Bark in Powder, Hombane seeds bruised, of each two ounces; choice good Brandy a quart, mix, digest ten or twelve days, shaking it once or twice every day; then let it stand and settle two days, after which pour off the clear Tincture for use. Dose, one Spoonful, and upon extremity two Spoonfuls; Morning and Night, in a Glass of Ale or Alicant Wine. 78.

78. **Bistort Water**: It is excellent in making the white Potion for a Gonorrhea, and the Whites in Women: The fresh Root made into a Cataplasim, eases the pain in the Gout. The Herb is cold, dry and astringent, stays fluxes in the Bowels, also Vomiting, and brings a disordered Body into a good Temper and Habit.

The white Potion is thus made: Take Strasbourg-Turpentine, two ounces; Yolks of three new-laid Eggs, mix them together by grinding in a Mortar, then take Bistort Water three quarts, sweeten it with fine white Sugar three quarters of a pound; the Sugar being dissolved, mix the Water with Turpentine and Eggs, and it is done: This cures the Running of the Reins, (after due purging) by taking half a pint of it every Morning, Noon and Night for some few days.

79. **Bitter Drink**: Take the tops of lesser Centory, Flowers of Camomile, of each one Pugil; Roots of Gentian half a scruple, Seeds of Carduus bruised, one dram; Sena two drams, a little sliced Ginger to correct the Windiness of the Sena; Cream of Tartar half a dram; steep them all in half a pint of fair Water all Night, the next Morning boil it only a walm or two, and then strain it; and if you will have it work strongly, you may add to the strained Lignor an ounce of Syrup of Roses, or half an ounce of Syrup of Buckthorn-berries.

It opens Obstructions; and is prevalent against Agues and Fevers; it eases Pains of the Brest and Spleen; and it is good against the Green sickness.

80. **Biting by a Snake, Adder or mad Dog**: Take Scordium, Angelica, Rue, Centaury the Less, of

each a pugil; Butter Burr half a pugil; Root of Elecampane half an ounce; a Clove or two of Garlick; beat all well together, and squeeze out the Juice, to which add Mishri-date a dram and half; mix, dissolve, and drink it up for a Dose, which repeat Morning and Evening for a Week, if it be the biting of a mad Dog.

81. **Black Bird**: If she be thick and hard in the Vent, then she is Fat; and if Limber-footed, then new kill'd; but if thin in the Vent, and dry, then she is Stale and Poor.

82. * **Black Caps**: Take the best and largest Pippins, cut them in halves (not paring them) take out their Cores, and put a little Limon Peel in their Places: Lay them in a Mazarine, or broad flat Dish, with the Core side downwards, and put among them half a pint of pure Red-Port Wine, a quarter of a pound of double refin'd Sugar; set them in an Oven with Tarts, so as they may not be bak'd too much; when cold, lay them in a Salver with little Sawcers of Caraway Comfits round them, pour the Lignor over them, and serve them for a Side-Dish.

83. **Black Pudding**: To make these the best, and far exceeding the common way, Boil the Umbles of a Hog tender, take some of the Lights with the Heart, and all the Flesh about them, taking out the Sinews, and mincing the rest very small; do the like by the Liver; add grated Nutmeg, four or five Yolks of Eggs, a pint of sweet Cream, a quarter of a pint of Canary Sugar, Cloves, Mace and Cinnamon finely powdered, a few Caraway-seeds, and a little Rose-water, a pretty quantity of Hog-fat,

fat, and some Salt; roul it up about two hours before you put it into the Guts, and then put it into them after you have rinsed them in Rose-water.

84. **Blamager** to make: Take a Capon, either boiled or roasted, and mince it small; then blanch a pound of Almonds, and beat them finely till they become a Paste; beat the minced Capon among it with some Rose-water, mingle it with Cream, and ten whites of Eggs, and grated Manchet; then strain all the foresaid things with Salt, Sugar, and a little Musk, boil them in a clean Pan or broad Skillet to the thickness of Pap; stir it continually in the boiling, and being boiled, strain it again, and serve it according to what form or fashion you please.

To make your Paste into quaint devices, Take a quart of fine Flower, a quarter of a pound of Butter, and the Yolks of four Eggs; boil your Butter in fair Water, and put the Yolks of eight Eggs on one side of your Dish; and make up your Paste quick and stiff, but not too dry.

85. **Blamager** another way: Take half a pound of fine searfed Rice-flower, put to it a quart of Morning-Milk, set a broad Skillet, and strain them into it, set it on a gentle Fire, and stir it with a slice; and when it is a little thick, take it from the Fire again and stir it well, and in stirring beat it to the sides of the Skillet, and when it becomes as thick as Pap, take it off, and put it into a fair Dish, and when it is cold, lay three slices in a Dish, and scrape on Sugar.

86. **Blitters** to Draw: If any would draw a Blister well and ef-

fectually, there is nothing like the *Emplastrum Epispasticum*, or *Blistering Plaster of the Shops*, which is made of *Melilot-Plaster* two ounces, *Turpentine* one ounce, *Burgundy-pitch* three drams, mixed together, to which is added one ounce of Powder of *Cantharides*, the Heads, Legs and Wings being cast away: You may apply it at Night going to Bed, and let it lie twelve or fourteen hours, according to the nature of the Part it is applyed to, for in some fleshy places the Blister will rise in some hours less time than it will in others less fleshy. In drawing of Blisters with *Cantharides*, some tender Bodies are apt to have a pissing of Blood withal, at least a vehement heat and scalding of the Urine, and great sharpness and pain in making Water: The only Remedy for this Inconvenience, is to drink largely and plentifully of Barly-Milk, made of hull'd Barly boiled in Water, adding to it when boil'd a double or treble quantity of Milk.

87. **Blittes**: This Herb eaten as a boiled Sallad, loosens the Belly, cool the Heat of the Stomach and Bowels: The Juice, which may be taken to four ounces, provokes gentle Vomits. A Syrup made of the Juice is very cooling, and allays the Heat of the Blood, also of the Liver and Spleen, abates the Heat of violent burning Fevers, and a Saline Tincture of it opens Obstructions, cools the Reins and Bladder, provoking Urine.

88. **Blood** extravasated: Grate or rasp the Roots of well grown Burdocks into a fine Powder, spread it on a Linen Cloth, bind it quite round the affected Part, and renew it twice a day.

89. **Blood-spitting**. This is beyond all. Take *Catechu* in fine Powder,

der, two ounces ; good Brandy a pint, or better ; mix them, and in twenty four hours you will have a deep Tincture, of the clear of which you may give the Patient a large Spoonful at a time in a glass of Ale, or red Wine every Morning fasting, an hour before Dinner, and at four in the Afternoon ; and at Night going to Bed, let them also take two or three grains of my Volatile Laudanum, if the bleeding is much, or very extream.

90. **Blood to Stanch :** Take Hungarian Vitriol and Alom, of each half a pound, Phlegm of Vitriol ten pounds, boil them till the Vitriol and Alom are dissolved ; and being cold, filter them through a brown Paper ; and if any Crystals shoot, separate the Liquor from them, adding to each pound an ounce of Oil of Vitriol : Dip a Cloth into this Liquor, and apply it to the part affected.

91. **Blood to Sweeten :** Take of the best and clearest red Coral an ounce, reduce it (by grinding it very well on a Stone or Porphyry) to an impalpable Powder : Take a dram at a time of this Magistery made without Acids, as long as you find you have occasion.

This Powder being taken, destroys all Preternatural Acidities of the Humours, which cause the Scurvy, Dropfie, Gout and Scabbiness ; besides, it cures Heart burnings upon the spot.

92. **Blew Bottles.** The distilled Water of the Flowers give help in the Inflammations of the Eyes, and in drying up and healing putrified Ulcers : The Powder of the Flowers taken inwardly, are very effectual in the Jaundice.

If you would have this Water keep

without growing musty, or having a mother upon it ; you must put to every quart of it six ounces of good Brandy ; and notwithstanding the Spirit, it will do you more good in an Inflammation of the Eyes.

93. **Body-bound.** To remedy Costiveness, boil in a large Poxringer about a handful of the Leaves of Common Mallows, and let the Party sup them up before Meals.

For a Costive Body there are but few Medicines, equal to Sal Mirabile, which may be given from half an ounce to an ounce, dissolv'd in a glass of warm Water. It works gently, and without griping. Or you may at Bed time take ten grains of our Cathartick Laudanum ; it loosens the Body, and gives a Stool or two, sometimes more the next day in the Afternoon.

94. **Bole Armoniac :** To prepare this, you need no more than moisten it with May-dew, or any other Dew not too gross, and dry it in the shade.

Rain Water will do as well, and then you may give it from a scruple to half a dram, against Heart-burnings, and vehement Pains of the Stomach.

95. **Bozrage :** This is one of the four Cordial Flowers, it comforts the Heart, cheers Melancholy, revives the fainting Spirits, and purifies the Blood : The Water of it is good for Inflammations of the Eyes, and for Fevers ; and the like virtue has the Conserve made of the Flowers : The Conserve of the Flowers mixed with Wine, opens Obstructions in the Female Sex.

96. **Bore barked :** This is usually meant of the Parts of a wild Bore, though it will indifferently serve for any : Take the Leg, season

son it very well, and then lard it with Lard seasoned with Nutmeg, Pepper, and beaten Ginger; lay it, the Bones being taken out, in a Pye with fine, but strong thick Crust; then sprinkle it over with the fore-mention'd Spices and Salt, putting a few whole Cloves and Bay-leaves on it, with large slices of Lard, and store of Butter; and being baked, liquor it with sweet Butter, and stop up the vent; and if you would have it keep long, bake it in an earthen Pan, and filling it up with Butter, it will, if it be not set in a very moist place, keep a whole Year; or before you put the Flesh into the Pye, you may lay it in soak two days, then par-boil it, and bake it in all Points seasoned as before.

97. **Hor-leaves:** Dry them and powder them; then take from one dram to one and a half: They purge gently; so does the Decoction of an ounce and a half of them in Whey, or some such like Liquid.

98. **Ramble-berries, or Black-berries:** The Berries not quite ripe, are very astringent: A Decoction of them heals sore Mouths, and allays the Heat of Fevers.

After a due Cleansing or Purging, this Decoction is good to stop Fluxes of all kinds; but you must give it thus, Take of this Decoction half a pint, of good Brandy two ounces; mix it for a draught to be given three or four times a day.

99. **Brawn broiled:** Cut a Collar of Brawn into slices, and lay it on a Plate in an Oven; and when it is broiled enough, serve it up with the Juice of Oranges, Pepper, Gravy, and beaten Butter.

100. **Brawn of a Pig:** Let not

your Pig be any way spotted, yet pretty large and fat, and being scalded, draw and bone it whole, only the Head being cut off; then cut it into two Collars overthwart both the sides, and being washed, soak them in Water and Salt two hours; then dry them with a clean Cloath, and season the inside with minced Lemon-peel and Salt; roul them up even at both ends, and put them into a clean Cloath, bind them about very tight, and when the Water is boiling, put them in, adding a little Salt, keeping the Pot clean scummed, and when they are sufficiently boiled, hoop them, and keep them in an even Frame; and being cold, put them into a souced Drink made of Whey and Salt, or Oatmeal boiled and strained, and then put them into such a Vessel as you can conveniently stop up from the Air.

101. **Brawn to Souce:** Take a fat Brawn about three Years old, and bone the sides, cut the Head close to the Roots of the Ears, and cut fine Collars of a side Bone, and hinder Legs, an inch deeper in the Belly than on the Back, bind them up equally at both ends, soak them in fair Water and Salt a Night and a Day, put them into boiling Water, keeping the Pot continually scum'd; and after the first quick boiling, let them boil leisurely, putting in Water as it boils away, and so lessening the Fire by degrees, let them stand over it a whole Night, then being between hot and cold, take them off into Moulds of deep Hoops, bind them about with Packthread, and when they are cold, put them into Souce-drink made

made of Oatmeal ground or beaten, and Bran boiled in fair Water; being cold, strain it through a Sieve, and putting Salt and Vinegar to it, close up the Vessel tight, and so keep it for your use.

If you would have this Pickle to continue good, and preserve your Brawn through the whole Year, you must put the Spirit of Wine, or choice Brandy to it, a quart to every five or six quarts of Souce-drink: I have proved it, and it does admirably; nor will the Brawn taste at all of the Brandy: It is a secret in all sorts of Souce-drinks and Pickles, worth knowing.

101. Bread, the French way: Take four pound of Wheat-flower very fine, a pint of new Ale-yest, beat the Whites of six new-lay'd Eggs, mingle them together, adding three spoonfuls of fine Salt finely beaten, then so much Milk and fair Water, an equal quantity, as will make it into a Dough, so that it may be pretty stiff; and having worked it well that it becomes of an even mixture in all Parts, cover it with a wooden Tray pretty warm, and when the Oven is prepared for receiving it, make it into Rouls, or as you please, and when it rises and begins to look brownish, take it out, chip off the Crust whilst it is pretty hot.

103. Bream stewed: Scald and wash it well, preserve its Blood, in which you must stew it, by adding thereto Claret. Two slices of Raced Ginger, the Pulp of three quarters of a pound of Prunes, boiled and strained into the Broth; Vinegar and an Anchovy or two; some Sweet Herbs with Horse-Radish

Root, stamped and strained: Let not your Fish have more Liquor than will just cover it; being enough, take some Butter, with a little Vinegar, in which the Bream was stewed, beat them up together, then dish up your Fish, pouring the Butter thereon, and garnish your Dish with Barberries, Oranges and Lemons.

104. Breading Meats or Fowls: These being divers ways to be done, it is necessary they should be here set down in order to prevent their being frequently mixed, and not readily found upon occasion. (1.) Flower mixed with grated Bread. (2.) Sweet Herbs dried and powdered, mixed with grated Bread. (3.) Lemon-peel dried, so that it may be beaten into Powder, or Orange-peel scraped very small, and mixed with grated Bread and Flower. (4.) Sugar finely beaten and mixed with Cinnamon, grated Bread, and fine Flower. (5.) Coriander-seeds, Fennel-seeds, Cinnamon and Sugar finely beaten and mixed with Flower. (6.) For young Pigs, beaten Yolks of Eggs, beaten Pepper, Nutmeg, and Ginger mixed with grated Bread, and a little fine Sugar. (7.) Sugar, Bread and Salt only mixed. This is generally known by the Name of Dredging or scattering over the Fowl, or Meat, whilst roasting, to keep it up to a good colour, and secure the Gravy from too much evaporating by the Heat of the Fire, or running out into the Dripping pan.

105. Brest Pained: This is either occasioned by the emptiness of the Veins, or a pricking caused by virulent Humours: To remove this Grief, take a piece

piece of Flannel of a deep blue Colour, so often dipt in the Dye, till it looks as if it were black; anoint the Brest with this Mixture, Take Oil-Olive, Sheeps-suet, of each four ounces; Oils of Amber, of Anniseeds, of Rosemary and Juniper berries, of each one ounce: Mix them and anoint therewith.

106. **Breast** afflicted with Cold: Take Oil Olive, Sheeps-suet, of each half a pound; melt them together, and add thereto Saccharum Saturni, six ounces, mix them and dress therewith twice a day.

This is better: Take fat Frankincense eight ounces, Oil of Amber, Oil of Rosemary, of each three drams; mix and make an Emplaster, which lay over the Pit of the Stomach, letting it lie as long as it will stick.

107. **Breast Sore**: This comes many times through want of Milk, and frequently after Child-birth: To remedy this, Take of Barrows-grease half a pound, yellow Bees-wax an ounce, Gum Elemi five ounces, Venice Turpentine one ounce; put these into a Skillet with a quarter of a pint of fair Water, and let them simmer over a gentle Fire, scumming off the bubbling Froth, and pour it into an earthen Pan to cool; when it is cold, take it out of the Pan, and scrape off the Dregs or Dross at the bottom; melt it again, and refine it over the Fire, and so making it into Plaisters or Cere-cloaths, apply it to the place grieved.

An excellent thing for this purpose is Emplastrum de Mino, which may be spread upon Cloth, and applied warm, letting it lie as long as it will stick, and then renewing it; but for a day or two before you lay on the Plaister, let the Breast be ba-

thed very well, Morning and Evening, with the Powers of Amber, and then apply the Emplaster.

108. **Breast Sore**, an excellent Method: Take a Sheep's Head, Wool and all, and clip off all the dirty Clods of the Wool; then cleave it in the middle, take out the Brains, and lay it in Water till it be clean soaked from Blood and Dirt, then set it on the Fire in a Pot with as much Water as will boil it all to pieces till the Bones come out of it, and let the Water boil away to a pint, then strain it, squeezing the Head to make the Liquor stronger; and when it is strained, put to it half a pound of Rue, well pickt, not stamped nor washed; boil them together till it come to the thickness of a Poulitise, then put into it four Yolks of Eggs, two or three spoonfuls of Oil of Camomile, and as much English Saffron ground small, as will make it of the colour of a Lemon, or more yellow; lay some of this upon a Cloath, and apply it to the Breast as warm as you can, and change it Morning and Evening till the Breast begin to mend, then once a day will serve. This will both draw it, break it, and heal it; if a Breast have any great Holes in it, then you must take Goat's Dung that is gathered in June, dried and powdered, and mingle it with English Honey, like a Salve, and lay that into the Holes, and the Poulitise all over upon it.

109. **Breast Sore**: Take Balm of Gilead, and Balm of Peru, of each one scruple, two scruples of Sugar of Roses, and as much double refined Sugar; mix all these in a stone Mortar, with as much of the best

best Cyprus-Turpentine as will make it into a Mass for Pills; when it is well mixed, make it into Pills as big as little Peas, and take four of them at Night when you go to Bed; you must butter the Mortar and Pestle, and your Hands a little, that it may not stick to them.

110. **Breast Sore**: Take of the best Bees-wax, Mutton-suet, Marrow, fresh Butter newly churm'd, unsalted, of each one ounce; melt all these, and pour them into Rose water; then take Marigold flowers pickt and beat, strain them and put the Wax, Butter, Suet, and Marrow in to the Juice, and let it boil some time; then take it from the Fire, and when it is cold, spread it on a fine Cloth, and lay it on the sore Breast, and it will heal it in twenty four hours.

111. **Breasts of Women**, hard and swoln: Womens Breasts, especially after their Lying in, contract a hardness, and are sore, occasioned by gross Humours fixing there; to remedy this, Take two Turneps, bake them in an Oven till they are very tender, then press out the Juice a little, and mash them in a Wooden Dish or Mortar; scrape on them an ounce of Bole-Armoniack, and make them into a Poulrice with fresh Butter, and being layed to the Breasts very warm on a hot Linnen-cloth, they will take away the Pain.

This Ointment is incomparable to anoint with: Take Sheeps suet four ounces; Oils of Anniseeds and Amber, of each half an ounce; mix them, it will do wonders.

112. **Breath**: Short to help: Take a quarter of a pound of blew Figs, an ounce of Licorice, Caraways

and Anniseeds, of each half an ounce; boil them in two quarts of Ale till a pint be consumed, and then sweeten it with Sugar Candy; Drink half a pint Morning and Evening.

This scarce ever fails: Take white Port-Wine four ounces; Cinnamon-Water half an ounce: Spirit of Harts horn a dram and a half; mix for a Dose.

113. **Breath to Sweeten**: Take the dried Flowers and Tops of Rosemary, Sugar Candy, Cloves and Mace, of each two drams, Cinnamon one dram; dry these and beat them into fine Powder. About a dram of this at a time in a new-lay'd Egg, suckt up fasting Morning and Night, clear the Lungs from offensive Matter, and sweetens the Breath.

Chew in the Mouth these Grains; Take Catechu in fine Powder, two ounces; Nutmegs in Powder, one ounce; treble refined Sugar, four ounces; Oil of Lemon Thyme, two drams; Musk, four grains; mix, and with Jelly of Gum Tragacanth, make it into small grains, which dry, to be chewed in the Mouth.

114. * **Bruises or Sprains to Cure**: Take Comfrey Roots beaten to a Pulp two Pounds; boil it in a pound and half or two pounds of Butter to the Consistence of a Cataplasm, and apply it, spread upon Leather to the Parts grieved, it will not fail.

115. * **Boiling a Pike**: Cut up a living Pike, which cleanse well both inside and out-side with fair Water: Then into a boiling Pickle (made of Vinegar, Salt just bruised Pepper, Mace, Bunch of sweet Herbs, and some Onions) put the Pike, and boil for half an hour (which

will serve for a Pike a Yard long) take it out, and pour over it this Sauce. Take half a pint of Canary, beat into it a Crab, a Lobster and Shrimps; draw a pound of Butter, two Spoonfuls of Liquor, mix all together, and over a Stove stir them all the while till they are thick, which put over the Pike, being first dish'd upon Sippets dipt in the Broth, scattering withal into the Sauce scraped Horse-Raddish, and some Craw-fish.

116. * **Breast of Veal to Collar**: Take a large fat Breast of Veal, bone it, and season it with a little Salt and all sorts of Spice, and Limon-peel shred very small: Take Savory and Thyme, stript and shred very small, which strew thin all over the Veal, then putting the sweet Breads in, roul it up hard, and tie it up with course white Tape, and so bake it.

117. * **Broth White to make**: Take a Pullet, boil it, and when it is enough, take it up and put it into a Dish; boil Cream with a Blade of Mace, and thicken it with Eggs, putting in the Marrow of one Marrow Bone; mix all this with some of the Broth, and a little white port Wine, which let thicken on the Fire, into which put the Pullet, taken hot out of the Broth, set it on a Chaffing-dish of Coals, and so dish it up.

118. **Brook-lime** is excellent in the Scurvy; it powerfully expels the Stone in the Bladder and Kidnies; & provokes the Courses. For the Scurvy, Take the Juice of Brook-lime, Water-Cresses, and Scurvy-grass, of each half a pint; the Juice of Oranges four ounces, fine Sugar two pound; make a Syrup,

and take a Spoonful of it in your ordinary Drink.

119. **Broken-Belly, or Burstenness**: Take Cranes-Bill, usually called Doves Foot, reduce the Roots and Leaves to a fine Powder; take about half a Spoonful of this Night and Morning for about three Weeks together, washing it down with a Spoonful or two of red Wine or Claret.

You must also have a Truss well fitted to the Belly of the Patient, and Place broken, otherwise all other Remedies will do nothing.

120. **Broom**: The Root of this is an excellent Opener, being one of the five opening Roots, and is principally made use of for Obstructions of the Liver, the Urine and the Courses.

The Ashes of Broom infused in Ale, and that Ale drunk as daily Drink, is an excellent thing against the Dropse, chiefly the Dropse Sarcites; you may put a pound of the Ashes into two Gallons of Ale.

121. **Broom Rape**: The Herb or Roots of this are to be had Candied, and are very good in the Diseases of the Spleen and Melancholy.

122. **Broth**, very excellent: Parboil two young Cocks, the Legs and Wings being cut off; scum the Water you boil them in very clean; then take them out and wash them in cold Water, and with a pint of Rhenish-Wine, and two quarts of strong Broth, put them into a Pipkin or convenient Vessel; add two ounces of China-Root, and an ounce and a half of Hartshorn, with an ounce of Cloves, Mace, Pepper and Ginger mixed together; season it with a little Salt, and cover the Pipkin close, and set it in a Pot of boiling Water, so that the Water get not into it; let it boil for six

fix hours, then pour out the Broth, squeeze into it the Juice of Lemons and serve it. This is excellent to strengthen or restore decayed Bodies after Sickness, and for such as are Consumptive.

123. **Broth Strong and Savory**, made for the Queen. Make very good Broth, with some lean of Veal, Beef and Mutton; and with a brawny Hen or young Cock. After it is scummed, put in an Onion quartered (and if you like it, a Clove of Garlick) or rather Shelots, a little Parsley, a Sprig of Thyme, as much Mint, a little Bawm, some Coriander-seeds bruised, and a very little Saffron; a little Salt, Pepper and Cloves. When all the Substance is boiled out of the Meat, and the Broth very good, you may drink it, or pour a little of it upon toasted sliced Bread, and stew it till the Bread has drunk up all that Broth; then add a little more, and stew, so adding Broth by little and little, that the Bread may imbibe it and swell, whereas if you drown it at once, the Bread will not swell and grow like Jelly; and thus you will have good Potage; you may add Cabbage, or Leeks, or Endive, or Parsley-Roots, in due time before the Broth hath ended boiling, and time enough for them to become tender. In the Summer you may put in Lettice, Sorrel, Purslane, Borrage and Bugloss, or what other Pot-herbs you like; but green Herbs do rob the Strength, Vigour and Cream of the Potage.

124. **Broth, Another**: Take a Leg of Veal, or other Knuckles of Mutton or Veal, put it a boiling in fair running Water;

keep it scumming during the boiling; when it is almost boiled, you may add a Faggot of sweet Herbs, large Mace, and a little Salt; your Meat may be used for Service, but preserve your Broth in a Pipkin.

125. **Bruise to Help**: Bath the bruised Place first very well with the Powers of Amber; which done, apply the following Balsam: Take Sheeps suet, Oil-Olive, of each four ounces; Gum Elemi three ounces; Turpentine one ounce; melt and mix them together. This is good. Take Comfrey Roots sliced and beaten to a Pulp, a pound; Salt Butter 2 pounds, mix and boil to softness; which bring to a Consistence with Barley-Meal. Spread it on Leather, and apply it to the grieved Part.

126. **Bruise in the Head**: Take Rosin, and a little Red-Deer's Suet, Camphire, and white Wine, set them over a moderate Fire till it boil, then strain it and stir it till it comes to an Ointment, over a somewhat gentle Fire, and anoint the Place grieved with it as hot as you can, and chase it in.

127. **Bruise**, with great Swelling: Take Hemp, Tow, or Flax, moisten it with Brandy, and spread it over with Honey; then sprinkle Brandy again upon the Honey, and bathing the swelled Part with some Brandy very warm, lay on the other, and it will not only sink the Swelling, but give ease to the bruised part by dispersing the gathering Humours.

There is nothing better, than first to bath the Place affected with the Powers of Amber, and then to apply Emplastrum Diachylon cum Gummi, renewing it once in two days.

128. **Bugs to kill**: Take Colloquintida Woormwood and Rue,

of each a good handful, and mix them with common Oil, and put to them as much Water as Oil, that the Oil and Water may cover the Wormwood and Rue; then boil it till all the Water is boiled away, then strain the Oil out from the Herbs, and mix it with Sheeps-suet as much as the Oil, anoint the Bedstead with it, it is an infallible Remedy.

129. **Bucks-horn**: This is a small Plant or Herb growing in barren or sandy Grounds, and comes up with some of its Leaves jagged or sprouting out at the sides, like the Horns of a Buck, from which Allusion, I suppose, it takes its Name. This is a kind of Plantane different from some others, and has a quality of binding and drying. The Decoction in Wine drank, and the bruised Leaves outwardly applyed, ease the Pains, and remedy the Bitings of most venomous Creatures; and the Juice helpeth those that are troubled with the Stone or Gravel in the Kidnies, Bladder or Reins, and stops Bleeding.

130. **Bugle**, its Virtues: Either inward or outward it is a good vulnerary Herb; it is used in the Yellow-Jaundice, and Obstructions in the Liver, Reins and Bladder.

Take Bugle Leaves six handfuls, bruise them; Sheeps suet, Oil Olive, of each ten ounces mix and boil till the Herbs are Crisp; then strain out by pressing; to the pressed forth Liquor, add Turpentine eight ounces; Gum Elemi, six ounces; Wax five ounces; mix and make a Balsam; it cures Wounds many times at one dressing.

131. **Bugloss**: Take the Juice of Bugloss clarified three pounds, white Sugar two pounds, boil them up to a Syrup. This

Syrup cheers the Heart, prevents swooning Fits, and expels Melancholy.

132. **Bullocks-Cheek**, the Italian way: Break the Bones so that the Flesh may be as little mangled with them as may be, wash it very clean in shifted Waters, and let it steep three or four hours; then boil it in fair Water with some Bolonia-Sausage, and a piece of interlarded Bacon; and when they are tender boil'd, dish them up and garnish them with Flowers and Greens, and serve them up with Mustard and Sugar in Saucers.

133. **Bullocks-Cheek**, to bake and eat hot: Take your Cheek and stuff it well with Parsly and sweet Herbs chop'd, then put it into a Pot with some Claret-wine, and a little strong Beer, and some whole Spice, season it with Salt for your taste, cover your Pot and bake it, then take it out, pull out the Bones, and serve it up on toasted Bread with some of the Liquor.

134. **Bullock's Cheek** baked, to eat Cold: Take two fair fat Cheeks, lay them in Water one Night, then take out every Bone, and stuff it well with all manner of Spice and Salt, then put it into a Pot, one Cheek clapped close together upon the other; then lay it over with Bay leaves, put in a quart of Claret, so cover the Pot, and bake it with Household Bread; when you draw it, pour all the Liquor out, and take only the Fat of it, and some melted Butter, and pour in again; serve it cold with Mustard and Sugar, and dress it with Bay-leaves, it will eat like Venison.

135. **Bullock's Cheek**, to stew: Having cleaned, well soaked and

order.

ordered them, by taking out the Bones, after you have half-roasted the Meat by an indifferent quick Fire, save the Gravy, and put them into a Pipkin with some Gravy and Claret-wine, also some strong Broth; sliced Nutmeg and Ginger, Salt and Pepper, with an Onion and a Shalot or two; let it stew about two hours, and so with the Materials it is stewed in, serve it up on Sippets, and it will be an excellent Dish, worth all your Cost and Trouble.

136. **Butter Bur** of the Meadow: This Herb, or Plant, grows in wet places, most commonly by Rivers and Ditch-sides in Meadows and Marshy-grounds, flowering very early, so that they decay in February or March, before the Leaves appear, which put not out till April. The Sun claims an extraordinary Influence over this; and therefore, as all other Herbs under the Solar Government, it is a great strengthener of the Heart, chearing the Vital Spirits. The Roots are good against the Plague and Pestilential Fevers, by provoking Sweat, if they be powdered, and taken in a glass of white Wine. They likewise greatly resist Poison; being taken with the Pouders of Angelica and Zedoary, they prevent the rising of the Mother. The Roots boiled in Wine, are good for those that are troubled with shortness of Breath.

137. **Burnet**: This Herb, infused in Wine, chears the Heart, and renders it very pleasant, by imparting a curious Smell and Taste to it; it preserves against the Plague, and the Bitings of mad Dogs, and also resists Poisons.

137. **Burnet Water**: Take the

Tops of Wormwood, Rosemary and Mugwort, Sun-dew, Dragons, Scabious, Agrimony, Carduus, Betony, Bawm, and the lesser Centaury, of each a handful; Roots of Angelica, Peony, Zedoary, Tormential, Liquorice and Elecampane, of each half an ounce; bruise shred and infuse them with Sage, Rue, Celandine, Marigold leaves and flowers, of each a handful, three or four days, in four quarts of the finest white Wine, then distil it carefully. To the distilled Liquor put fresh Burnet twelve handfuls; Sugar four pounds; digest six, eight, or ten days, then draw off the Liquor, so will you have an excellent Burnet Water. Let the Dose be 3 or 4 spoonfuls at a time.

138. **Burns**: For any Burns or Scalds, mingle Lime-water with Linseed-oil, by beating them together with a Spoon; and with a Feather dipt in it, dress the place grieved till you find the Fire is gone: Do this as often as you find you have occasion.

Or this, Take Linseed-Oil four ounces; Saccharum Saturni one ounce; Spirit of Wine, sharp Vinegar, of each an ounce; mix and beat all together, and apply it.

Or, Take a couple of hard Onions, beat them in a Mortar with half a handful of Bay-salt, so apply them. If for Scalding, Take the inner Rind of an Elder-Tree, and fresh Sheep's-dung, of each half a handful, and with Fresh-butter or Oil a pound, make thereof an Ointment, and with it anoint often the scalded place, and the Heat will be extracted. You must boil the Elder bark and Sheeps-dung in the Butter or Oil, till the Bark grows Crisp, then strain hard out by pressing.

140. **Burn in the Eyes**: Take a new-lay'd Egg, boil it hard,

and apply one of the whites at a time pretty warm, but not too hot, and keep it on some hours; then take two or three rotten Apples, beat them to mash, and lay them over the Eye as a Poultice.

141. Burn or Scald, sudden ly made: Take fresh Cows dung, and Hogs-grease, of each a like part, mix, and incorporate them well together over a gentle Fire, and make it into an Ointment for use.

142. Burn or Scald: Take Oil Olive three ounces, white Wax and Rosin in Poulder, each two ounces, Sheeps-suet one ounce and a half Minium and Castle soap, of each half an ounce, Dragons-blood and Camphire, of each three drams; mingle and make 'em into an Ointment. This is a most approv'd Remedy for a Burn or Scald.

143. Bustard, Peacock, Turkey, or Crane Pye: Roast either of them, parboil, and lard it with Salt, Nutmeg and Pepper, of each two ounces and a half, your Paste being ready, lay in the bottom thereof some Butter, with some beaten Cloves, then lay in your Fowl with the rest of the Seasoning thereon, with a good quantity of Butter, close it, baste it, and when baked and cold, fill it up with clarify'd Butter.

Dr. Butler's Ale. See Ale-Purging.

144. Butter, call'd May-butter: To preserve this, Take the freshest and newest Butter made about the middle or end of May, put it into a large glazed earthen Pot, and melt it in Balneo, then strain it through a fine Cloth, and melt it again, till it is well clarify'd: Take the purer Part from the Settlings, and it will keep all the

Tear. It supplies and asswages hard Swellings, allaying the Heat and Inflammations of them; cures Breakings-out and Heat, being mixed and made into an Ointment with the Juice of Wormwood and Vinegar, and is thus prepared to mix with divers suppling and mollifying Ointments.

145. Butter to purify, and make it of a very sweet taste: Melt Butter with a slow Fire, in a well glazed earthen Vessel, (if in Balneo Mariae it will be better) which put to fair Water, working them well together, and when it is cold take away the Curds and Whey at bottom: Do this again the second time; and if you so please, the third time in Damask Rose-water, always working them well together. The Butter thus clarify'd, will be as sweet in taste as the Marrow of any Beast, and keep a long time, by reason its great Impurities by this means are removed, the Dross, Faces and Foulness, being near a quarter of the whole.

146. Butter of Parsly, Sage, Savory, Thyme, or Limon Thyme. When the Butter is newly made, and well wrought from its Water, Milk, and Wheyish parts, mix therewith a little of the Chymical Oils of Parsly, or Sage, or Savory, or Thyme, or Limon Thyme, so much till the Butter is strong enough in taste to your liking, and then mix them well together; this will excuse you from eating the Plants therewith; and if you do this with the aforesaid clarify'd Butter, it will be far better, and a most admirable Rarity, and a Preservative also of the Butter, making it to keep good a long time.

147. Buttering Crabs: Take out the Meat and cleanse it from the Skins, which put into a Sauce-Pan with a quarter of a pound of Butter, a quarter of a Pint of

Canary

Canary, or white Port, or Lisbon, one Anchovey, a little Nutmeg, and Crumbs of white Bread; set them on a gentle Fire, beat them together for Dishning; stir in the Yolk of an Egg, a little fine beaten Pepper, stir them well together, and so put them into the Shell again, and so serve it.

148. * **Buttering of Shrimps.** Take a quart of Shrimps, half a Pint of white Port, or Lisbon, and a grated Nutmeg; then take 4 Eggs with a little white Port Wine, and a quarter of a pound of beaten Butter; gently melt, beat, and stroke them well in the Dish till they be thick enough, and serve them up with Sippers.

149. * **Butter of Antimony.** Take Regulus of Antimony six ounces, Corrosive Sublimate a pound; each being in Powder, mix them, put them into a Glass Retort, so large as it may not be above half full: Distil in Sand,

first with a small Fire, so will you have a little clear Oil; increase the Fire, and a white thick Liquor like Butter will come over, which, if a Pan of Coals be not applied to melt it, will choak up, and possibly break the Neck of the Receiver: Continue the Fire till the red Vapours come, then unlute the Receiver; and if you have a mind to recover the Mercury, apply another fill'd with Water in its room, so the Quick-silver will run into the Water: This Butter is used to eat away proud Flesh, and cleanse Ulcers by touching them therewith; and thereof is made Bezoar Mineral.

150. * **Butter of Tin.** Take Corrosive Sublimate 12 ounces, Tin in Powder 4 ounces; mix them, and distill as before. Of this Butter is made *Benoarticum Joviale*: This Butter will continually be smoaking.

1. * **Cabbage, Brasica Capitata:** Cabbage not headed, or Coleworts, *Brasica non Capitata*.

Blancard says, that if Warts are often bathed with their Juice, they will be taken away in the space of fourteen Days: The Leaves boiled in Wine, and applied to Ulcers and the Leprosy, do much good. And so great are their Virtues, that the Urine of such as feed on them is very useful and proper for the curing of Tettars, Ring-worms, Fistula's Cancers, and such other like Diseases.

2. * **Cathery.** It is an ill Habit or Disposition of Body, commonly the Fore-runner of the Green-Sickness in Virgins, and of a Dropsy in Elder People: When it happens in the Elder Sort, it is called a *Leucophlegmatia*, and is properly an *Incipient Dropsy*: However, it is a lazy ill-natur'd Distemper, accompanied with Faintness, Weakness, paleness of Face, wasting of the Body, and many other ill Dispositions.

3. **Cathery Pills:** For the Cure of them, Take of *Trochises of Alhandal* half an ounce; *Myrrh*, choice *Aloes*, and *Galbanum*, of each

three drams; Scammony, Fallop, and white Agarick, of each one dram and a half; Oil of Nutmeg, one dram; Oils of Amber, Cinnamon, and Cloves, of each six drops; extract of Juniper, as much as is sufficient to make them up into Pills.

These are very much commended for the Curing of the Quartane Ague, Jaundice, Drop-sie, and the Retention of the Courses. The weight of these Pills must be but three grains a-piece, and four or five may be taken at a time; but be careful to keep your Body warm, and in good order, three or four hours after.

4. **Cakes Excellent:** Take three pounds of very fine Flower well dried by the Fire, and put to it a pound and a half of Loaf-sugar, sifted in a very fine Sieve, and dried; three pound of Currans well washed and dried in a Cloth, and set by the Fire: When your Flower is well mixed with the Sugar and Currans, you must put into it a pound and a half of unmelted Butter, ten spoonfuls of Cream, with the yolks of three new-lay'd Eggs; beat with it one Nutmeg, and if you please, three spoonfuls of Sack: When you have wrought your Paste well, you must put it in a Cloth, and set it in a Dish before the Fire till it be thorough warm; then make them up in little Cakes, and prick them full of holes; you must bake them in a quick Oven unclosed.

Afterwards ice them over with Sugar; the Cakes should be about the bigness of a hand-breadth, and thin, of the size of the Sugar-Cakes sold at Barnet.

5. **Cakes, Plum-Cakes:** Dry a peck of fine Flower in an Oven

after white Bread is drawn; when your Flower is thorough dry, rub in it six pounds of Butter till you see no Clods, then put in two ounces of Mace finely beaten, eight Nutmegs grated, a spoonful of Salt, two pounds of Loaf-sugar, a pound of green Citron and Orangade finely shred, twelve pounds of Currans pick'd, wash'd and dry'd, a pound of Raisins of the Sun ston'd, cut in quarters; mix all with the Flower, then put in three pounds of Jordan Almonds blanch'd and well beaten, with some Rose-water to keep them from oyling; put in a quart of Ale-yeast, with half a pint of Rose-water, two quarts of Cream boiling hot; knead it together a little, and put it into a warm Cloth, and lay it to rise a little before the Fire; when it is risen, put it into a Hoop and bake it.

6. **Cakes, Queens, call'd Portugal Cakes:** Take a pound of the finest Flower you can get, well dry'd; and a pound of Loaf-sugar beaten and sifted; mingle them together, then take a pound of Dish-butter, and clap it in your Hands, with Rose-water till it come to a Cream; strew in your Sugar and Flower by degrees till it be half in, and keep it working with your Hands; then put in the Yolks of six, and the Whites of five Eggs; beat with two spoonfuls of Sack; by degrees work in the other half of your Flower and Sugar, and when your Oven is hot, put in a pound of Currans ready wash'd, pick'd and dry'd over the Fire, your Pans must be ready butter'd, fill them half full, and sift double refin'd Sugar over them; let the Oven be

be pretty hot, then let up the Lid.

7. **Cakes**, to make Clear, of Apples, Apricocks, Goos berries, Quinces, &c. If you make them of Apple *John's*, pare, quarter and core them into fair Water as you do them; then put them into a Skillet with as much running Water as will near cover them; let them boil as fast as they can till their Jelly be pretty thick; strain them through Tiffiny, and put a Lump of half an ounce of Sugar into the Jelly to keep it from discolouring; so let it stand all Night to settle; then take a pound and a quarter of double refin'd Sugar, and make a pretty high Candy of it, put a pint of Jelly to it, and let it stand on the Fire till it be well mingled, but not to boil: After the Jelly is in, take it off, and strain it into Glasses; stowe it, and put Fire into the Stove twice a day; you must wring in the Juice of three Lemons into a pint of Jelly; when you make it of Apple *John's*, Thus, all but the Lemon, you may make clear Cakes of Apricocks, Goosberries or Quinces; when it is made of Apples, as the Paste thickens, strow on it grated Lemon or Orange-peel, and when you turn them on the other side do the like also.

8. **Cake**: Take two Whites of new-lay'd Eggs, cut off the Cocks Tread or String, beat them as long as you can, put in a quarter of a pound of white Flower, and as much Sugar pounded, work it all well together, then put to it about two pennyworth of Aqua vitæ, and a little Coriander in Pouder, let all be well mix'd, lay it upon a

fine Paper about as big as a Plate or thereabouts, sprinkle it with Sugar, and let it be baked.

9. **Cakes Excellent**: Take four quarts of fine Flower, two pounds and a half of Butter, three quarters of a pound of Sugar, four Nutmegs, a little Mace, a pound of Almonds fine beaten; half a pint of Sack, a pint of good Ale-yeast, a pint of boil'd Cream, twelve Yolks and four Whites of Eggs, four pound of Currans; when you have wrought all these into a very fine Paste, let it be kept warm by the Fire half an hour before you set it into the Oven; if you please, you may put into two poundsof Raisins of the Sun stoned and quartered. The Ice for this or any other Cakes, Take the Whites of three new-lay'd Eggs, and three quarters of a pound of fine white Sugar finely beaten, beat it well together with the Whites of Eggs and ice the Cake; if you please, you may add a little Munk or Ambergrease. Let your Oven be of a temperate Heat, and let your Cake stand therein two hours and a half before you ice it, and afterwards only to harden the Ice.

10. **Cakes Small**: Take three pounds and half of very fine Flower, Butter, Currans, Sugar, of each a pound and a half, 7 Eggs, 1 half of the Whites taken out, and knead all well together into a Paste, adding one Nutmeg grated, and a little Rose-water, to make them up about the bigness of your Hand, and bake them upon a Plate of Tin.

11. **Cake**

11. * **Cake Bread** : Take fine Flower half a Peck, Currants three Pounds rubbed dry in a cloth, pure sweet Butter a pound and a half, Sugar half a pound, Cinnamon, Nutmeg, Mace, of each half an ounce ; Ale-yeast a sufficient Quantity : Sack a pint, mix all together ; and with Cream make it up into Paste or Dough for Bread, somewhat Stiff. Take white, or whited-brown Paper, butter it well, and strew it well with Flower, upon which lay your Cake. Note, In this Mixture the Butter is to be kneaded cold. The Cake being laid on the buttered Paper, take thick melted Butter and Rose-water, beaten well together, which wash over your Cake, and strew it well over with double refined Sugar in Powder, and so set it into an Oven well heated.

12. * **Cakes small to make** ; Take fine Flower 20 Ounces, pure Butter half a pound, work them well together ; add double refined Loaf Sugar in fine Powder eight ounces, Currants a Pound well wash'd, four Yolks of Eggs and two Whites beaten well together, thick Cream, enough to make all into a Paste ; of which form about 16 small Cakes, and prick them full of Holes, which bake in an Oven as hot as for small Manchet ; half an hour or little more will bake them.

13. * **Cakes very fine** : Take fine Flower four Pounds, sweet Cream a pint, Butter three quarters of a pound, 10 Yolks of Eggs without the Whites, a pint of Ale-yeast, Cloves, Mace, Nutmegs, of each in fine Powder a quarter of an ounce, two ounces of Damask Rose water, Ambergrise dissolved 10 Grains ; Currants pick'd and wash'd a pound and half, Raisins of the Sun sto-

ned and cut small, a pound, knead all these Things together very well, and letting it lie an hour or two, then make it up into Cakes. Bake them in an Oven not too hot, not shutting up its Mouth, where let them be till they are sufficiently baked ; when you draw them, have in a readiness double refined Sugar, wet in Damask Rose-water, and beaten in a Porringer till it is clear, in which dipping a Tuft of Feathers, wet your Cakes all over, and set them in the Oven again. This do three or four times, letting it dry on every time, so will their Tops be like Ice. Note, Nothing is to be put in hot in the kneading but Butter, and that is to be gently melted, into which put your Salt for the seasoning.

14. * **Cakes with Almonds** : Take a pound of Jordan Almonds blanched and beaten fine with Damask Rose-water, set it on the Fire till ready to boil, strewing in fine Loaf Sugar in Powder a pound ; when it begins to boil, take it off and let it cool, and then stir in the Whites of eight Eggs, well beaten before they are put in, and then put them upon Plates, being first rubb'd with a little Butter ; put them into the Oven, when they begin to rise, loosen them with a Knife from the Plates, and set them in again, when almost baked, put them upon clean Plates, and set them in again till they are very hard ; let not your Oven be too hot, that they may look white.

15. * **Cakes with Carraways**. Take fine Flower seven pounds, sweet Butter one pound, melt it in a little fair Water

Water or Milk, and work your Paste with it; after add Sugar and Carraway Comfits, of each half a pound, three Nutmegs grated, and Yest a sufficient quantity, make them in long Tin pans, and so bake them.

16. * **Cakes with Carraways**: Take fine Flower three pounds and half, one Nutmeg grated, 10 Blades of Mace, and 10 Cloves beaten into fine Powder, a little Salt, mix and work into them a pound of Butter; after add Ale-yest, sweet Cream, of each a pint, four Yolks and two Whites of Eggs, beaten with two spoonfuls of Sack, and as much of Damask Rose water; mix all well, handling it as little as may be; set it before the Fire to rise for half an hour, then brake it and knead it into a pound of smooth Carraway Comfits; put it in a Hoop and let it stand three quarters of an hour in the Oven.

17. * **Cakes Sugar**: Take fine Flower three pounds and half, fine Sugar powdered, sweet Butter, of each a pound; four Yolks and one White of Eggs, melt your Butter with Damask Rose water, work them together, and bake them on Plates.

18. * **Cakes with Seeds**: Take fine Flower three pounds and half, Butter two pounds beaten to a Cream; fine Sugar two pounds, Carraway-seeds in Powder an ounce and half, Orange-peels Candied, Citron Peels candy'd, of each three ounces; ten Yolks with five Whites of Eggs beaten with Damask Rose-water, a quarter of a pint of Canary, Cloves, Mace, Nutmegs, of each half a dram in powder, sweet Cream half a pint; Ale-

yest a sufficient quantity, mix, make a Paste, and lay it by the Fire to rise; bake it in a Hoop, and butter the Paper at bottom; when it is baked, Ice it over with Whites of Eggs well beaten with double refined Sugar, and set it into the Oven again to harden.

19. * **Cakes with Currants**: Take fine Flower seven pounds, Currants purely cleand five pounds, Carraway Comfits one pound, Marmalade of Oranges half a pound, 12 Yolks with six Whites, Butter a pound, Canary half a pint, Cloves, Mace, Nutmegs, Cinnamon, of each in Powder two drams; new Ale-yest a pint, and with Cream a sufficient quantity make a Paste, which form into Cakes, then Ice them with Whites of Eggs and Sugar, and bake them in a gentle Oven.

20. * **Cakes with Currans**: Take seven pounds of fine Flower dried in an Oven; mix with it Cinnamon, Cloves, Mace, Nutmegs, of each in fine Powder three physical drams, Salt enough to season it; mix with the same, sweet Butter a pound, melted with sweet Cream a quart, beaten very well with Ale-yest a quart, 20 Eggs (wanting half their Whites) a pint of Canary, half a pint of D. M. W. mix them up very soft, lay it by the Fire to rise, afterwards work in six pounds of fine clean dried Currans, candied Citron and Orange-peel, of each half a pound; fine Loaf Sugar in powder six pounds, bake it in a Hoop, buttering the Paper at bottom, and what goes round the Hoop. Ice it over with six Whites of Eggs, frothed with

a Rosemary Sprig and beaten up with a pound of double refined Sugar in a Mortar, and then set it into the Oven only just to harden it.

21. * **Cakes, commonly called Shrewsberry Cakes.** Take fine Flower seven pounds, fine Sugar in Powder seven Pounds, Carraways in fine Powder one ounce, sweet Butter four pounds, with Ale-yeast a sufficient quantity, make a Paste, which form into little thin Cakes. These will be bak'd in a quarter of an hour.

22. * **Cakes with Currans:** Take fine Flower seven pounds, Butter broken into small bits two pounds, four grated Nutmegs, Cinnamon, Cloves and Mace, in fine Powder, of each half an ounce, eight Yolks with four Whites of Eggs, Sugar a pound, Canary, Ale-yeast, of each a pint; Salt enough to season it; mix them, and with boiling hot Cream, or Milk, make a very light Paste, which let lie before the Fire a quarter of an hour to rise; then add thereto Currans (clean'd and dry'd) five pounds, which work into your Paste; rowl out a piece of Paste for the bottom, then pour on your Cakes (for its Paste must be so soft, that it cannot be moulded, so that you must put it into an Oven as soon as it is made.) Then take the four remaining Whites of Eggs, three spoonfuls of D. R. W. and half a pound of fine Powder Sugar, which beat in a Mortar, and therewith Ice over your Cakes as is usual.

23. * **Cakes of Curds:** Take Cheese Curds, or wild Curds a quart; eight Yolks with four Whites of Eggs, white Loaf Sugar in powder four ounces,

a small Nutmeg grated; mix, and with a little Flower make a soft or dropping Paste; drop it like Frittars into a Frying-pan, in which is boiling Butter.

24. * **Cakes with Ginger:** Take fine Flower four pounds and half, Syrup made of double refined Sugar, with D. R. W. almost to a Candy height, three quarters of a pound, or more; Ginger in fine Powder 1 ounce, Carraways half an ounce in powder, Cinnamon, Cloves, Mace, Nutmegs, of each in fine Powder a quarter of an ounce, candy'd Limon and Orange-peels chop'd exceeding small, of each two Ounces; mix all together as stiff as it can well be made, and bake it in an Oven with white Bread.

25. * **Calves Feet Bunning:** Take Calves Feet boiled very tender and shred very fine, stale white Bread grated, Beef suet shred small, of each a pound, Marrow four ounces, eight Eggs beaten very well, Cinnamon, Cloves, Mace, Nutmegs, of each a physical dram in powder; a little Salt, Currans, pick'd and wash'd a pound, Cream or new Milk enough to make it of a due temper or stiffness; put it up into a Cawl of Veal in a Napkin, and so tye it up; boil it 2 hours and half in Beef-broth, and so tye it up with melted Butter, Lime Juice, D. R. W. and double refined Sugar in fine Powder.

26. * **Calves Head to dress:** Boil the Head till the Tongue will peel, cut one half into small pieces as big as Oysters; lay the Brains by themselves, stewing it in a strong Gravy with half a pint of Red Port, a little Limon-peel, a quarter'd Onion, Nutmeg grated or sliced, and a Bunch

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Bunch of sweet Herbs; let all stew till they are tender. Take the other half of the Head, cut or slash it a-cross, strew over it grated Bread, sweet Herbs chop'd small with Limon-peel, lard it with Bacon, wash it over with Yolks of Eggs, and then strew it over with grated white Bread; broil it well over Charcoal: When 'tis enough, place it in the middle of a Dish, then take the stewed Meat, put in a pint of strong Gravy into your Stewpan, with three Anchovies, many Mushrooms, a few Capers, and a pound of sweet Butter, with a quart of large Oysters, stewed in their own Liquor with a Blade or two of Mace, and a little White-wine; keep the largest out to fry, and shred a few of the smallest, dip them into beaten Yolks of Eggs mix'd with Flower, and fry them in Hogs-lard. Make little Cakes of the Brains, and cut the Tongue into round pieces, which dip in, and fry also; pour out the stewed Meat into the Dish round the half broiled Head, and lay the fried Oysters, Brains and Tongue, with little bits of crispt Bacon, forc'd Meat Balls, and Sausages, on the top, garnishing with Horse-Radish and so serve it up.

27. * **Calves Head to hash:** Half boil a Calves Head, cut it into pieces, take a pint or more of great Oysters, Butter half a pound, large Blades of Mace, White-wine half a pint, three or four Anchovies, a Bunch of sweet Herbs, stew between two Dishes till it is tender; boil the Brains with a little small chop'd Sage and Parsly by themselves; put Scotch Collops in the bot-

tom of the Dish, with bits of fried Bacon, and a good piece among the Meat, with a quantity of Beef Marrow boiled with beaten blanch'd Almonds, Chestnuts, and Yolks of hard Eggs; add some fried Sausages; and rowl up a large piece of Butter in Flower, which thicken up, and lay the Bacon and Oysters on the top and round about, and so serve it.

28. **Calves Chaldron Pye:** Mince your Chaldron small, boil it tender; when cold, put to it some small pieces of Lard, some Yolks of hard Eggs chop'd grossly; add thereunto some Mutton and Lamb cut into small Pieces, with Goosberries, Grapes or Barberries, then season it with Salt, Nutmeg and Pepper, and fill your Pye therewith, laying on it some pieces of interlard'd Bacon and Butter; close it up, and when baked Liquor it with Butter and White Wine.

29. **Calves Feet Pye:** Take Calves-feet, boil them very tender; take out the Bones, and mince them small: Do the like by two pounds of Beef-suet; add a quarter of an ounce of beaten Cloves and Mace, Lemon-peel small shred; a quarter of an ounce of beaten Cinnamon and Nutmeg; and strew over all a little Pepper and Salt finely beaten together. And to any of these Pyes you may, if you think convenient, put in this following Caudle when they are baked, viz.

A quarter of a pint of white Wine, half as much Verjuice, a blade of whole Mace, the Yolks of three Eggs, a quarter of a pound of Sugar, and as much Butter; beat them up well, and strain out the thinnest part, and

so put it into the Pye as it is just going to be served up at the Table, and it gives a curious Flavour and Relish; you may likewise scrape fine sifted Sugar over the Lid, and so serve it up.

30. **Calves Head Pye:** Boil your Calves Head till the Meat will come from the Bones; then cut it into thin slices; then take half an ounce of Nutmeg, as much Cloves and Mace, half an ounce of Cinnamon, half a pound of Dates sliced thin, a pound of Raisins, a quarter of an ounce of whole Mace, the Marrow of four Bones, the yolks of six Eggs hard boiled, cut them in halves, and then take half a pound of candied Lemon-peel and Citron, a handful of pickled Barberries and Lemons sliced thin, a pound of Butter, and so bake it pretty well.

31. **Calves Head Pye with Oysters:** Order the Head as the former, season it with a quarter of an ounce of Pepper, two large Nutmegs, and a quarter of an ounce of whole Mace; put in six Cloves of Shalots small minced, two quarts of Oysters, and on the top and bottom lay two pounds of Butter; lay on four Anchovies mixed, or in small streaks, and over these pour half a pint of white Wine.

32. **Calves Head Wash'd:** Take your Calves Head wash'd clean, then boil it with a piece of Bacon till it be almost enough; take the two under Jaws, with the Meat of them, cut all the rest of the Meat in pieces, stew it between two Dishes with an Onion, a few Oysters, Mushrooms, Capers, Anchovies, and some strong Broth, season it with Nutmeg and Salt; put in some

Gravy-Butter, and a little Vinegar, lay Sippets in the bottom of the Dish; broil the Jaws, and lay over it; lay some fry'd Bacon on it, slice the Tongue and lay about it; parboil the Brains, and fry them in Egg-yolks and Flower, brew them over it and serve it up.

33. **Calves Foot Budding:** Take two Calves Feet shred very fine, and as much grated white Bread in quantity; half a pound of Beef-suet finely shred, half a pound of Currans, half a good Nutmeg, six Eggs, a little Salt, mingle it with Milk, sweeten it with fine Sugar, according to your taste; beat it half an hour in the making, you may either bake or boil it, but be sure if you boil it, tie it up very close in a Cloth, serve it up with melted Butter and Sugar.

34. **Calx of Gold.** It has been thought a great difficulty to make: But Mr. Boyle says, that if you grind well together a thick *Amalgama* of Gold and Mercury, with at least an equal weight of finely powdered Sulphur, and then sublime in a proper Glass, there will by degrees of Fire ascend a pure red Cinnabar; and this will leave behind it a finer Calx of Gold than is to be had by some far more difficult Processes. Calx in Chymistry, is the Ashes of any thing, or that which is left after a perfect Burning; out of which are drawn (from vegetable Productions, and other things also) by Elixivation, a fix'd or Elementary Salt, of admirable use in Physick.

35. **Camrock, or Rethhar-towp:** The Powder of the Root drank in white Wine, with the Juice of Lemons, is excellent in the Stone or Gravel in the Reins or

or Bladder, especially when the Ureters or Conduits, through which the Urine should pass, are obstructed: And (according to the Testimony of *Matthiolus*) a certain Man having used the Pouder of this Root for many Months, cured himself of a Rupture. The Decoction also of this Root, and Water which hath been distilled from it, provoke Urine, and remove Obstructions in the Reins and Bladder.

36. To make the distilled Water, You must take four pounds of the Rinds of the green Roots, cut them very small, and infuse them in a gallon of Malaga, and then set them over a gentle Heat: Distil them in a glass Alembick in *Balneo Marie*, and you will have pleasant Water fit for the above-said Uses.

37. * **Cancer**: It is is an ulcerated *Carcinoma*, oftentimes happening to Womens Breasts, and some other both glandulous and fleshy Parts; it is a vehement Disease, and scarcely ever cured but by an absolute Excision, or Cutting off. A *Carcinoma* is a Cancerous Tumour not broken, whose beginning is very small, not much bigger than a large Grey Pea, which, by degrees growing bigger and bigger, is continually full of pain; in its beginning, and before it grows very large, it has the same Colour with the rest of the Skin; but when it is grown to a pretty large extent, the Colour alters, and it becomes first red, then very red, after red, degenerating to blackness, then, as it were, purple, and sometimes livid; at what time, as the Pains are great and constant, so that the

Veins about it swell and become extuberant, so as to resemble in some manner *Crabs Claws*, whence the Latin Name. This Tumour may be kept from breaking many Years, but if it is once broken (thro' the Folly or Unskillfulness of the Artist) nothing remains in order to its Cure but cutting off, otherwise in a short time it kills the Patient; and many time they dye by force of its bleeding; but the stinking smell is so obnoxious almost enough to poison any one.

38. * **Candied Grapes, Damsons, Barberries, Goosberries, or any other Fruits**: After they are preserv'd, dip them in warm Brandy suddenly, one by one, to wash off the Syrup, then dust them over thick with fine Sugar, and set them into a Stove or Oven to dry; do this, taking them out three or four times, and strewing fine Sugar over them, and let them not be cold till they are quite dry.

39. * **Candied Apricocks, or Peaches, &c.** Take them and give every one a slit on one side the Stone, cast a pound of Sugar on them, and bake them in a hot Oven, as for Manchet, half an hour, being laid one by one. Take them out of the Dish, lay and dry them on a Glass Plate in an Oven for three or four days, so will they be sooner done.

40. * **Candied Ginger**: Take the fairest Races or Pieces, pare off the Rind, lay them in warm Water 24 hours, and having boiled double refined Sugar to a Candy height; when it begins to boil, put in your Ginger, and stir it, till it is hard to the Pan; take

take it out piece by piece, lay them by the Fire then put them when dry into a warm Pot or Glass, which tye up close, and the Candy will be firm.

41. * **Candied Cherries:** Take them before full ripe, stone them, put them into Sugar boil'd to a Candy height, or rather pour the Sugar on them, gently moving them; so let them stand till almost cold; then take them out, and dry them by the Fire.

42. * **Candied Barberries and Grapes.** Take them out of the Preserve, wash off the Syrup with Brandy, then sift fine powdered Loaf-sugar on them, and put them in an Oven, or over a Stove to dry, stirring or moving them the mean while: Let them stand till almost cold; then take them out, and dry them by the Fire. This is a strong firm Candy.

43. * **Candied Elecampane Roots:** Take them from their preserving Syrup, wash them with Brandy; and for every pound of Roots take eight pound and three quarters of fine Sugar, boil'd to a Candy height, in which dip the Pieces when hot, and so dry them, they will be strongly done.

44. * **Candied Cyngo Roots.** Being pared and boiled to a convenient softness, to each pound put fine Sugar two pounds clarified with Whites of Eggs, that it may be transparent and boil'd to a Candy height; dip your Roots into Brandy, and then into your boiled Sugar, after which dry them in an Oven or Stove; after this manner you may candie red Beet Roots, and other Roots, as also Fruits, &c.

45. * **Candied Flowers:** Take the Flowers, cut their

Stalks (if very long) somewhat shorter; and double refin'd Sugar being boil'd to a Candy height, when it begins to cool, so as to grow stiffish or thicker, dip your Flowers into it, and take them presently out, lay them one by one in a Seive, and dry them over a Stove.

46. **Capon Baked in Pasty-Pan:** After he is roasted and cold. Take the Flesh from the Bones and slice it, but preserve the Thighs and Pinions, add to the Flesh of your Capon four Sweet-breads, half a pint of Oysters, 3 pair of Lamb-stones, and season them all with Nutmeg, Salt, Cloves, Mace, minced Thyme, Sweet-Marjoram and Penny-royal; lay into your Pasty-pan a sheet of Paste, and in the bottom thereof lay your Thighs and Pinions; and upon them strow a minced Onion; on these lay your Flesh, and upon it the Sweet-breads and Lamb-stones, and Oysters cut into halves; over all a handful of boiled and blanched Chesnuts; put Butter on the top, and close your Pan; when it is baked, put in strong Broth, Gravy, drawn Butter, Anchovy dissolved with a grated Nutmeg, garnish it with slices of Lemon. In the same manner you may bake a Turkey.

47. **Capon boiled and larded with Lemons:** First, scald your Capon, and take a little dust of Oatmeal to make it look white, then take three Ladlesful of Mutton-broth, a Faggot of Sweet-herbs, two or three Dates, cut long in pieces, a few parboil'd Currans, a little whole Pepper, a piece of whole Mace, and one Nutmeg, thicken it with Almonds, season it with Verjuice, Sugar

Sugar, and a small quantity of Sweet-butter; then take up your Capon, and lard it with thick Bacon and preserv'd Lemon, boil it, and then lay it in a deep Dish, for boiled Meats, and pour the Broth upon it: Garnish your Dish with Sippets and preserv'd Barberries.

48. **Capon to Cram:** The best way is to take Barly-meal sifted and mix it with new Milk, make it into a stiff Paste, then make it into long Crams, or Rouls, biggest in the midst, small at both ends, and then wetting them in lukewarm Milk, give the Capon a full gorge three times a day, Morning Noon and Night, and he will in two or three Weeks be fat enough.

49. **Capon to Frigassée:** A Capon to be Frigassée'd, must be either boiled or roasted, which you must Carve up, taking the Pinions from the Wings, and the Brawn from the Joint, as they lie in the Dish: Thus Carv'd up to lie orderly in the Pan, put to them the Yolks of five Eggs, with sliced Nutmeg, and minced Thyme; being thus all in the Dish, mingle them well together, and put them into your Pan with clarified Butter half hot, and fry them till they are yellow, turn them; after this take some white Wine with the Yolks of three Eggs, a little strong Broth, Gravy, an Onion cut in quarters, Anchovies and a little Nutmeg grated; then pour out what Liquor is in your Pan, and add to it a ladleful of drawn Butter; put this Layer into your Pan, and keep continual shaking it therein over a slow Fire, till it grow thick; if it should prove too thick, you may thin

it with White-wine; then dish up your Fowl, and pour in your Sauce, and serve it up, garnish'd with hard yolks of Eggs chopt small, and slices of Lemons.

50. **Capon to know:** If alive, will have a fat thick Rump, and a fat thick Belly, a fat Vein under her Wing on the one side of her Brest; and if it be Young, it will have a short Spur, and a smooth Leg; but if it be Old, a sharp Spur, but have a care the Spur be not cut, par'd, or scrap'd lesser; which if you mistrust it, do but pinch it upon the Brest with your Thumb, and if your Thumb goeth in easie, then it is young; but if hard, then it is old; if it be pale about the Head, and have a short Comb, then it is young, but if red about the Head, then it is not a clean Capon.

51. **Capon to lead Chickens:** The way to make them take the Charge, is, with a fine small Bryar, or else sharp Nettles at Night; do but sting all the Brest and neather parts, then in the dark set the Chickens under it; the warmth or heat, takes away the Smart, so he will fall in love with them; and whensoever he proveth unkind, you must sting him again; this will make him never forsake them: He is very useful, by reason his Body is large, and will easily cover 20 or 30 Chickens, Turkeys, Ducklins, Pheasants or Partridges, and defend them from Kites and Buzzards, better then Hens.

52. **Carbuncle.** Take Salt well beaten to Powder, sift it, and incorporate it with the yolk of an Egg; and applying it, it will draw away the Venom, and offensive Humours, break

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any Boil or Plague - Sore, and contribute much towards the healing of it.

You ought to decrepitate your Salt in a Crucible over a naked Fire, before you make it into Powder, and then reduce it to a fineness in a hot Iron-Mortar; and the yolks of the Eggs ought to be boiled hard. This done, Take the yolks of four Eggs, Salt in fine Powder, four Ounces, Powder of Barberries, fine Bole Armoniack, Strasbourgh Turpentine, of each two Ounces; Champhire in Powder, Sal Armoniack, of each an Ounce; mix and make a Cataplasm or Poultise, and apply it.

53. Carp to Roast: Make a Pudding of Almond-paste and Cream, Grated Bread, Nutmeg, Currans and Salt; and when the Carp is Drawn, without Cutting Open, viz. through the Gills, put in the Pudding that way till the Belly be full; tie it to a Spit, and when it is roasted, make the Sauce with what drops from it, and the Juice of Oranges, Cinamon and Sugar, beaten up with Sweet-Butter.

54. Carp Stewed: Having bled it, save the Blood, scrape off the Scales, and take out the Intrails; put it into your Srew-Pan, with Mace, Ginger, Cloves, Nutmeg, Sweet Herbs, and a large Onion quartered, with half a Pound of Butter; mix some of the Blood with Claret, put it in, and being enough, Garnish it with Sliced Lemons, and Green Spinage, and serve it up to the Table.

Carp Pye. See Tenth-Pye.

55. Carrot Pudding: Take two middling good and very red Carrots, boil them till they are

three parts enough, shred them very small, take as much grated Bread in quantity as your Carrots, a pound of Beef Suet, a pound of Currans, six Eggs, a little Salt, and half a Nutmeg; sweeten it to your Taste, Cream not too much, for fear of over-wetting it; you may Bake or Boil it; if you Boil it, serve it up with Butter, Lime-Juice and Sugar.

56. Carrot Pudding. Take a pint of Cream, half a pound of Beef-Suet shred small, and two Penny Loaves grated, and as much red Carrots well boiled; eight Eggs, but half the whites, a Nutmeg grated, a little Sack, and Damask Rose-Water, half a pound of Butter melted, and as much Sugar as you think fit, two Spoonfuls of Flower; stir it well together, it must be pretty thin, put it in a Dish butter'd, let it bake a little above an hour, turn it out of the Dish with the bottom upward; serve it up with Butter, Lime-Juice and Sugar.

57. Carraway Cake: Take three pounds and a half of the finest Flower, and dry it in an Oven, a pound and a half of Sweet-Butter, rub it in the Flower, till it is crumbled so small, that none of it be seen; then take three quarters of a pint of new Ale-Yeast, of Sack and new Cream, of each half a pint, six Spoonfuls of Damask Rose-Water, four yolks and two whites of Eggs; mix well, and let it lye before the Fire half an hour or more: When you go to make it up, put in three quarters of a pound of Carraway Comfits, and a pound and a half of Naples Biskets; put it in the Oven, and

and let it stand an hour and half. See Sect. 15. above.

58. **Cassia**, its Vertues: It's Loofening, and a Purifier of the Blood; it allays Heat, and moderately purges the Belly; provokes Urine, purges Choler and Phlegm, and mollifies the Brest and Throat; it resolveth Inflammations, and cleanses the Reins from Sand and Gravel.

59. **Catter-Bills** to Kill: Take Ox-Piss and Lees of Oil, and boil them together, and cast it upon the Trees and Bushes where they are.

60. * **Catalepsis** or **Catochus**. It is an Abolition of all the Animal Functions, wherein the Respiration remains entire; and the Patient preserves the same Habit of Body as before he fell sick: The Cause of it seems to be from the Obstruction of the *Corpus Striatum*, in those Pores, by which Objects are represented to the Brain; so that there is no Perception of any Object; but the Pores, by which the Animal Spirits are conveyed from the Brain to the Organs of Sense, are left open and free.

61. * **Catamenia**, Womens Courses. A gathering of Blood together, by a proper Fermentation and Turgency; so that pressing to the Womb, it is discharged thence at certain set times, which are differing in the Younger and Elder Women; the one being commonly at the New, the other at the full of the Moon. They begin in some young Women at 12, 13, or 14 years of Age, and in some not till 17, 18, 20, or 24 years old, and stop about 48 or 50; and yet I have known some Women to have had them to 60 Years of Age and up-

wards. Some say they are produced from the *Semen* or *Sperma* bred in the Testicles, whose Ferment being communicated to the Blood, causes that Monthly Hysterick Evacuation: And therefore when the Courses cease, in some old Women of a hot habit of Body; the Seed is more turgent and provoking, which excites an unaccountable Lethery or Desire in them, even more than formerly.

62. * **Cataplasma**, A Plaster. It is a Topical Medicament of a soft Consistence, and is made 1st. of *Raw Things* not boiled, roast, or baked, which is the most effectual. 2. Of *boiled Things*, which is more frequent, and commonly made of vegetable Roots, Herbs, Flowers, Seeds, Berries, Fruits; adding proper Meals of, as of Barley, Beans, Oats, Wheat, Rice, or omitting them as the Nature of the Matter may require, together with a convenient quantity of Honey, Milk, Wine, Beer, Ale, Vinegar, Oil, Fats, &c. If the Things be unboiled, they are to be bruited or beaten to a Softness, or sliced small, and then brought to a Consistence with Brandy, Beer, Oil, Vinegar, &c. adding Crumbs of White Bread, &c.

63. * **Cataracta**, Blindness. It is Twofold. 1. A *Suffusion*, which is a Cataract beginning, or incipient. 2. *Cataracta*, a Cataract Confirmed, properly so called. 1. A *Suffusion* is while there is some Sight, in which little Clouds, Motes, and Flies, seem to fly before the Eye. 2. A *Cataract*, which is confirmed, is when the Pupil of the Eye is either wholly, or in part, covered or overwhelmed with a little thin Skin

under the *Horney Tunicles*; so that the Light cannot have its due admittance to the Eye. A Confirmed One is cured by thrusting a Needle thro' the *Albugineous* and *Horney Tunicle*, as far as the *Cataract*, or Film, which is to be broken and depressed by its being wound about the Needle; and if it start, to be broken: Then the Eye is to be tyed up with a small *Cataplasm* applied to it to comfort and strengthen it; or *Roch-Alum* in Powder, beaten with the White of an Egg, and White Rose-water, till the Alum is dissolved, in which a thin slice of White Bread may be dipt, and applyed over the Eye, and so bound up.

64. * *Catarrhus*; A Defluxion of Rheum. It is either *Suffocative*, or *non Suffocative*. It was taken by the Ancients to be a Defluxion of Humours or Rheum from the Head to the Subjacent Parts; but the Modern say there is no such thing, and that there is nothing falls from the Head to those Parts.

1. *Catarrhus Suffocativus*, a Suffocating Defluxion is (as the Ancients say) when the Recrementitious Humour or Rheum falls on the Organs of Respiration, and threatens Suffocation: But Blanchard rather thinks it to be a Swelling of the Glandules about the Larynx, by which the difficulty of Breathing and Suffocation is caused. 2. *Non Suffocativus* is manifold, as 1st. *Coryza*, when the Rheum falls on the Glandules of the Nostriks and Mouth. 2. *Bronchus*, when it falls on the Jaws: 3. *Rheuma* when it falls on the Breast. 4. *A rthritis vaga* when it is wandering, or falls upon the Joints; and that is a Rheumatism.

65. * *Catechu*: It is that called *Terra Japonica*. It is highly Astringent and Styptick; given inwardly from half a dram to a dram, it stops all sorts of Catarrhs, or Fluxes of Rheum, all Fluxes of the Belly; and all Fluxes of Blood in what part of the Body soever.

66. *Cautick Liquor of Verdigrease*: Take Verdigrease four ounces, Sal Nitre six ounces; mix them together, fire them, and let them burn in an Iron or Marble Mortar well heated; then make them into a Powder, and put them into a convenient Vessel. Let them, by dropping, dissolve in a moist place; and preserve the Liquor that falls in a thick Glass, or glazed earthen Pot.

This Liquor is highly approved for consuming proud and corrupted Flesh; and likewise all sorts of Excreescences, more particularly such as accompany Venereal Distempers.

67. *Cautick Powder*, or Specifick Corrosive of Paracelsus: Take Corrosive Mercury Sublimate three ounces, Sal Armoniac two ounces, powder them together; put them into a Matras, pour on them a pint of *Aquafortis*; which evaporate in a moderate heat till the Ingredients come to the consistence of a Paste; dry the whole Mass in such a moderate heat, as will reduce it into a fine Powder.

This Powder Cauterizes very speedily and violently any superfluous Flesh, and such Excreescences as are to be removed. It is quick in Operation; but the regard that is to be had to the Nature of the Corrosive Sublimate, requires much Caution and Prudence in the use of it; insomuch, that you must put on but a very little

little at a time, and use it only upon strong Bodies; and it is to be applied upon no other Parts than what are remote from the Emunctories of the noble Parts.

68. **Celandine the greater:** The Juice of this is very good to take out Spots, Pin and Webs in the Eye; but by reason of its sharpness, you may allay it with a little Breast milk: Warts frequently rub'd with the Juice of Celandine, will dry up, and peel off. The Decoction of the Root being drank with Aniseeds and white Wine, is good for the Jaundice, or to wash eating Ulcers withal. The Root being chewed, asswageth the Tooth-ach.

69. **Celandine the less, or Pilewort:** It breaketh the Skin where it is applied as a Poultice; it causes bad Nails and Hair to fall off; the Juice of it snuffed up the Nose, greatly purges the Brain: A Gargarism made of the Decoction of it with Honey, has the same effect.

Though the Herb is good for these Purposes, yet it is the Root which is always used; an Ointment made of the Root, by boiling of the bruised Root a pound, in fresh Butter, a pound and a half, till it is Crisp, and then pressing it out, repeating this Operation three or four times, with the like quantity of fresh Roots, is an admirable thing for the Cure of the Piles or Hemorrhoids, nor did I ever know it fail: The same Ointment cures all Swellings and Sores of the King's Evil after a wonderful manner.

70. **Centaury the great:** The chief Vertues of this consist in the Root; which is used for Ruptures, Difficulty in breathing, old Coughs, Pleurisies, and spit-

ting of Blood: It is successfully given in Dropsies and Jaundice, being either infused in Wine, or beat to Pouder, and drank immediately.

71. **Centaury the less:** Of this lesser sort Galen has written a large Treatise. It purgeth Choler and Phlegm; for which cause the Decoction thereof is given in Tertian Agues: It kills Worms in the Belly. The leaves of this Herb being applied fresh to Wounds, search them, and heal up Ulcers.

72. **Cephalick Elixir:** Take Mistleto that grows on the Oak, Piony-roots, the bigger Valerian, of each an ounce and half; Piony-seed, Laurel and Juniper-berries, of each one ounce; Cinnamon, Mace and Cubebs, of each three drams; flowers of Tilletree, Rosemary and Lavender, of each a handful; bruise what is to be bruised, and macerate them together for twenty four hours in the Water of Lillies of the Valley, Black-Cherry-water, the rectified Spirit of Wine, of each a pint and half; then distil them, To the Liquor distilled, add refined Sugar one pound, Tincture of Ambergrease a dram; this Elixir kept in a double well stopp'd Glass, is of wonderful use in Epilepsies, Apoplexies, and other cold Diseases of the Brain, being taken fasting, from half a spoonful to two spoonfuls.

By this Distillation you will not have above half the Vertues if the Ingredients; your better way is to make a Tincture of them thus: Take Mistleto of the Oak, Mace, Piony-roots, Valerian the greater, Peacocks-dung, of each two ounces; Piony-seeds, Bay and Juniper berries, Cra-

cus Metallorum in fine Powder, of each an ounce and half; Cinamon, Mace, Cubebs, of each an ounce; Flowers of the Lime-Tree, of Rosemary and Lavender, Lillies of the Valley, of each two ounces and half; being all dry, put them into a hot Iron-Mortar, and put to them of the best Salt of Tartar six ounces, grind them well together for a pretty while, then put all into a strong narrow-mouth'd Glass, and put thereon of the best rectified Spirit of Wine, five quarts; digest them in a cold place for twelve or fourteen days, shaking the Glass once a day; then let it settle, and decant off the clear Liquor for use. Dose, half a spoonful at a time in a Glass of generous Wine.

73. *Cerate for Masks for Women*: Take white Bees-wax four pound, Sperma Ceti two ounces, Oil of the four greater cold Seeds cleansed, extracted without Fire, and Bismuth precipitated, of each three drams; Borax and burnt Alum finely powdered, of each half a dram; melt and mix them in Balneo Mariæ, and at the same time dip and spread the Cloth. This Preparation for the Lining Womens Mask, or laying on their Faces when going to Bed, wonderfully preserves the Beauty, and encreases its Charms and Loveliness to Admiration.

74. *Cerate for Womens Breasts*: Take Oil of Roses six ounces, bruised Leaves of Periwinkle three ounces; the Juice of Mint, and the lesser Sage, of each an ounce and a half; boil them over a soft Fire to the consumption of the Juices; then press out what remains thorough a Cloth; then melt into it Bees-wax three ounces; and when it is almost cold, put in three ounces of the Powder of

Mastick; and having well stirred these about, dip in the Cloths you intend to use.

This prevents the Breast of Women from swelling or growing big after Child-bearing; it likewise changes the course of the Milk, and turns it downwards; it must be laid pretty hot on the Breast, and wrapt up with warm Cloths, and renewed every twenty four hours, till the desired Effect be performed:

75. *Cerethloth for broken Bone*. Take Frankincense Galbanum, Olibanum, Mastick of each an ounce, Wax three ounces; Rosin an ounce and half, Oil-Olive two ounces; Dissolve the Galbanum in a little Vinegar, and then melt altogether in the Oil, and so bruise and strain it thorough a Cloth; then dip your Cerethloth, and apply it to the Fracture, and it will mainly strengthen the Sinews, and knit the fractur'd Bone sooner than can be reasonably expected.

76. * *Cerethloth for Corns*: Take Bees-wax, Turpentine, Balsam of Peru; of each an ounce, Balsam Capivi three ounces, Rosin in fine Powder an ounce and half, Vermillion three ounces, Oil-Olive a sufficient quantity; mix over a gentle Fire, and make a Cerate.

77. *Cerethloth of Galbanum*: Take Gum Galbannum, Ammoniacum, Sagapenum, of each an ounce and half; Tacamahacca, Turpentine, of each an ounce; Assa foetida, fat Myrrh, of each half an ounce; Bees-wax two ounces; dissolve all, except the Turpentine and Wax, in Wine-Vinegar, and therewith mix the Wax and Turpentine melted together, till they come to a good Consistency. It is a famous thing against Fists of the Mother and Vapours, being applied to the Navel and Pit of the Stomach in Women;

Women; it also provokes the Terms, expels Wind, eases the Belly-ach and Cholick, and is said to kill Worms.

78. * **Cerecloth for a sore Breast:** Take Oil Olive, new Beef-wax; of each a pound: Ceruse in fine Powder 8 ounces, Lisharg finely powdered four ounces, Myrrh in fine Powder, Balsam of Peru, of each two ounces; Camphire (reduced to Powder with Spirit of Wine) one ounce; melt the Wax in the Oil, and in a boiling Balneo; add all the other things, stirring them till they are perfectly incorporated: Then put in as many Cloths as it will cover; and taking them out, lay them upon a Board wet with Water, to keep them from sticking: When cold, smooth them with a Slick-stone, lay them to dry, and so keep them for use. It not only heals and cures sore Breasts, cools Inflammations, discusses recent Tumours, but gives ease in the Gout, strengthens weak Limbs, and over-strained Joints, and heals simple green Wounds in what part of the Body soever, giving ease to all extravagant Pains whatsoever, especially in the Back and Loins.

79. **Chalybeate Powder:** Take Steel or Iron reduced to a Powder; either with Water or Sulphur, six ounces, Amiseeds, Fœcula of Aron-roots of each one ounce; Nutmegs two ounces; white Sugar, ten ounces; mix and make a Powder. It admirably attenuates, incises, opens, and is anticachectick, and a wonderful opener of Obstructions; it provokes the Terms, helps the Jaundice, kills Worms, and cures the Green-sickness, Scurvy, and Hypochondriack Melancholy. It is a specifick in the Cachexia, or evil Habit of Womens Bodies, and in all Obstructions of the Stomach, Liver, Spleen, Mesentery and Womb,

and Diseases thence arising: One Dose from fifteen grains to half a dram, according to the Age of the Patient, every day, Morning and Evening.

80. **Chalybeate Salt against an ill Habit of Body:** Take Vitriol of Mars an ounce, Sal Prunella two ounces, Salt extracted out of the dead Head of Aquafortis three ounces, pulverize them together, and put them into a glass Cucurbit, set them in a Sand heat, with a Fire made under them; by degrees augment the Heat till the Matter look red hot, and flows like Water, and in the end turn to a hard red Stone or Gravel.

This is much applauded for the Cure of Cachexies and scorbutick Distempers, also to purge the Mass of Blood, create an Appetite, and open the Passages of the Urine, provoke Sleep, and divert the Fluxes of Rheum; it also carries off bad Humours by Sweat and Stool, or insensible Transpiration; you may take it when 'tis finely reduced to Powder, from seven or eight, to twelve or fifteen grains, in a glass of Wine, or some convenient Cordial Water.

81. * **Cherries to dry without Sugar.** Pull up the Stalks of the Cherries, that you may see the Juice in them: If you would stone them, draw out the Stalk with the Stone at it; set them all very upright in a Sieve one by one; put them in an Oven a little hotter than when you draw Manchet; see to them that they boil not over; if ready to boil, take them forth a little, cool them, and put them in again; and so let them stand all Day or Night: Heat the Oven again, and let them stand till they are dry.

82. **Cherry Cordial.** Take Black Cherries, large and full ripe, F 4 plucking

plucking off their Stalks only, 12 Pounds: put them into a large Stone Bottle, to which put choice Brandy six Quarts, Double Refined Loaf Sugar, 3 pounds in Powder, Lime Juice a Pint and a half, Cinamon bruised, Cloves slit, Nutmegs bruised, of each a quarter of an Ounce; stop them up close, shaking the Bottle once every Day: After three weeks you may use it: Two, three, or four Spoonfuls, will be an extraordinary Cordial, at any time upon any Fainting, or Illness, especially in a Morning fasting.

83. * *Cheeries to preserve.* Take them when they are in their Prime, scatter some Sugar and red Lisbon Wine in the bottom of the Preserving Pan; put them in by degrees, still casting in Sugar, so much as that the Cherries and Sugar may be of equal weight: Set them over a quick Fire, and if you would have them plump, add a Pint of Red Port or Lisbon, or Bayabaw Wine: When the Syrup is boiled up sufficiently, take them off, and keep them in deep Jar Glasses, or Gally-pots for use.

84. * *Cheesecakes to make.* Take new Milk, Cheese Curd new made, the Whey pressed out; break a pound of the Curd in a Bowl, put to it six yolks of Eggs, two whites, six Ounces of Currants, half a pound of fine Sugar, eight spoonfuls of Cream, four Ounces of sweet Butter, one handful of stale white Bread Grated, or Wheat Flower, one Nutmeg grated; mix altogether, and put it into your several pieces of Paste, which Bake in a mean heated Oven, keeping a quick Fire at its mouth, not setting up its Lid at all; then take them presently out.

85. * *Cheese Artificial to make.* Take new Milk two Quarts, sweet Cream a Quart, a quarter of an Ounce of Cinamon whole, Mace in Blades, Nutmegs broken into 6 or 8 pieces; put these into the Milk and boil; then add four Eggs, yolks and whites beaten together, with 2, 3, or 4 spoonfuls of Wine Vinegar to turn the Milk: Boil till it comes to a tender Curd, put it into a Cheese Cloth, tie it up, and let it hang draining for 6 or 7 hours: when you open it, take out the Spice; season it with Sugar, and D. R. W. put it into a Cullender Pan, let it stand an hour or more, so turn it out, and serve it with Cream under it.

86. * *Cheese cakes, Almond cakes, Rice cakes.* Take a Gallon of new Milk warm from the Cow, set it with a spoonful of Rennet; as soon as it comes, strain the Whey from the Curds, and rub them thro' a little Sieve with the back of a Spoon: Add fine Sugar in Powder half a pound, Butter melted half a pound, six Eggs with three whites, beaten with half a pint of Canary, Currants pickt and washt a pound; half a quarter of an Ounce of Cinamon, Cloves, Mace and Nutmegs, of each in fine Powder, with a little Salt; mix them well, and make it into a Paste.

Almond cakes, are made the same way, save the Almonds are first to be beaten in a Stone Mortar, with a Glass of Canary, and a little Damask Rose Water.

Rice Cakes are made with the same Ingredients, only the Rice must be boiled before hand.

87. * *Cheese Curds.* Take new Milk, put Rennet to it, let it

it stand till the Curd comes; break it and Whey it: Force the Curd thro' a little Hair Sieve, make it pleasant with Sugar, the yolks of 2 or 3 Eggs (if you like them,) and a little Damask Rose-water; mix all well, put it into a Cullendar to drain; put it out into a Dish, and put a Pint or more of Cream upon it, and serve it up.

88. * **Toasted Cheese.** Take choice fat *Cheeshire* Cheese Grated, yolks of two Eggs, a penny white Loaf Grated, a quarter of a pound of sweet Butter: beat altogether in a Stone Mortar; then Toast some white Bread very well, which spread with the former mixture, put them between two Dishes, with Fire underneath and above, and when brown serve them. This is not well to be done, but in a *Dutch Stove*.

89. * **Cheese the Dutch way.** Take 3 pints, or 2 quarts of new Milk, seven Eggs, beaten very well; mix them, and sweeten with fine Sugar to liking; add a Gill or quarter of a Pint of Canary, Orange-Flower water a spoonful, *D. R. W.* a spoonful; keep stirring over the Fire, till it comes to a tender Curd; put it in a Cheese Cloth, let the Whey run from it; then put it into Bisket Pans, of what shape you please, and lay it in your Dish. Take Suet, which sweeten with Double Refin'd Sugar, which beat with the yolks of 2 Eggs, and stir it over a gentle Fire to thicken it, and prevent its having a Scum upon it: when it is almost cold, put in a little Canary, *D. R. W.* and Orange-Flower Water. Pour this over your Cheeses when cold, stick-

ing on them also Blanched Almonds slit in two; and so serve it up.

90. * **Cheese Loaves.** Take Cheese Curd, Grated Bread, yolks of Eggs, mix them well together, sweeten with fine Sugar to your Taste; add Mace and Nutmeg in fine Poulder, of each enough to give it a Flavour. Take Stone or white Ware Pots, butter them, put in the Curd, and Bake them, but not too much. When Baked, turn them out, cut a little hole in the tops, and put Butter therein; set them in the Oven again to rise, and color them, then serve them up.

91. * **Cheese-cake Paste.** Take fine Flower a quarter of a Peck, 4 Eggs, 6 spoonfuls of *D. R. W.* or Orange Flower Water; or fair Water a sufficient quantity, to make it into a stiff Paste. Rowl it out thin, putting into it sweet Butter; then make your Crust, fill them with their Meat or Curd, and so bake them, which will be done in half an hour.

92. * **Cheesecakes with Puff Paste.** Take Flower a pound, fresh Butter three quarters of a pound; wet the Flower stiff with Milk, and two Eggs, then rowl in the Butter: Into this Puff Paste, put the Curd mixt with five Eggs, a pint of Cream, and a little Grated Bisket.

93. * **Cheese-cakes.** Take a Quart of Cream, boil it, and beat it with the yolks of 2 Eggs when cold. Put it on the Fire again, and boil till it comes to a Curd, but not to Whey. Best blanch'd Almonds with Orange Flower Water, which put to the former, with a little Naples-Bisket, and a little green Citron Peel shred small, with Musk-Plums

Plums ground in the Sugar : Sweeten it with fine Sugar to your Taste, and bake in an Oven not too hot.

94. * Or thus. Take new Milk 8 Quarts, turn it with Rennet, so as to make a tender Curd : when it is come and gathered, run it thro' a thin Strainer, pressing out the Whey very dry : then beat the Curd with a pound of sweet Butter very well : put to it 12 Eggs, with the Whites of six of them ; add in fine Powder a little Cinamon, Cloves, Mace, Nutmeg and Ginger, a little Salt and D. R. W. with a sufficient quantity of Currants, and Sugar enough to sweeten it ; so put it into Crusts or Paste, and bake it.

95. * Carps to Stew. Stick the Carp as you do a Pig, and save all the Blood you can : Scale, Gut and Cleanse it, having a care not to break the Gall. Put it into a Stew Pan, and cover it with equal parts of Red Port Wine and strong Gravy, with a little Salt ; then add some bits of Horse-radish a Bunch of sweet Herbs, bruised Pepper, Cloves and Mace, with a large Onion quartered, Mushrooms and Capers. Let all Stew together till enough. Brown some Butter with Flower, to which put some of the Liquor, with two or three Anchovies chopt small, and fryed Oysters ; squeezing into it the Juice of a Limon, and garnish it with Horse Radish scraped, fried Parsly, Oranges and Limons.

96. * Carps Royal Stewed. The Carps being killed and prepared, and steeped for some hours in Red Port Wine, with bruised Spice, quarter'd Onions, Horse-Radish, shred Limons, with a little Salt and Vinegar : Then

Stew them gently for half, or 3 quarters of an Hour ; thicken the Butter with Flower in a Sawce-Pan, adding some of the Carp Liquor, two Anchovies, Oysters and Shrimps ; and put it over all, being well mixt with some Red Port Wine, and Sippits at bottom. Garnish with the Liver or Milt, Horse Radish scraped, cut Limons, and other proper Garniture.

97. * Chickens to Stew : Take Chickens, quarter them, and Stew them in White Port and Water, but most Wine, till tender. Add a good quantity of Butter, a Bunch of Sweet Herbs, with large Mace : thicken with grated Mancher, add also a good quantity of Parsly, and a little Sage if you like it : Season with a little Salt, Pepper, and Grated Nutmeg ; and lay on the tops of them Beet Marrow, and Yolks of Eggs well beaten with the Juice of a Limon in the Sawce. Garnish with sliced Limon and Parsly, and serve it up.

98. Cheese to Make : It is not here meant the ordinary sort of Cheese, but a Rairy. To make it therefore, put whole Cinamon in new Milk, or Cream ; let it boil, then take it off and sweeten it with Sugar, add two quarts of Milk or Cream, a spoonful of Runnet, cover it till it curdle ; then strew on it Sugar, and the Powder of Cinamon, and dip Sippets in Canary, and serve it up.

99. Cheesecakes very fine : Take a pound of Almonds Blanch'd, then beat them fine as for March-Panes, with a little Rose-water to keep them from Oyling, and a quarter of a pound of Loaf-Sugar ; take three pints of thick Cream,

Cream, boil it, then Grate in eight Naples Biskets, stir it, and before you take it off the Fire, put in the Almonds, take it off the Fire, and keep it stirring till it is cold, that it may not Skim; you must boil Nutmeg and Mace in the Cream, and take them out before you put in the other things; set three Gallons of new Milk tender, break the Curd, and put it into a Cloth, hang it up to drain out the Whey, then press it gently; put your Curd into a Bowl, break into it a pound of Butter, then beat the Curd and Butter in a Stone Mortar very fine, so mix altogether with the Yolks of ten Eggs, well beat with a little Cream; put in Rose-water and more Sugar than you beat in at first with your Almonds; it must be all Loaf-Sugar. You must make your Cheesecake Stuff not so thick as you do for ordinary ones: You must bake them upon Tin-Plates; set them in a quick Oven, but not too hot; let 'em stand half an hour or something more; you must make the Crust of half Rose-water, and half fair Water, the Butter rubb'd in your Flower and Sugar, two or three yolks, and the white of one Egg; remember to Butter your Plates, Ice them with Rose-Water.

100. **Cheesecake Cold**, a fine way: Make a Gallon of new Milk boil, when it is cold again, put in twenty one Eggs, being very well beaten, stir them into the Milk, set them on the Fire, let it boil till it comes too a Curd, stirring it all the time it is doing; let it not come too much, for then it will be tuff,

then whey it. This is the best Card for any use you use Card for.

101. **Cheesecakes the Italian way**: Take two Pound of Pistaches, stamp them, when taken out of the Shells, with two pound of Morning Milk Cheese-Curd newly made, three Ounces of Elder Flowers, and ten Eggs, Sugar and sweet Butter, of each a pound, with two quarts of Flower; drain these in course Strainers, and put them into Puff-paste, Cheesecake fashion.

102. **Cheesecakes without Milk**: Take twelve Eggs, and lay away six of the Whites, beat them, and having a quart of new Cream boiled with Mace, take it off, and putting in the beaten Eggs, stir it about till it curdles, then let it cool a little, and put in a good quantity of Sugar, beaten Mace, and grated Nutmeg, dissolve a little Musk and Amber-grise in Rose-water, and sprinkle it over lightly; then put in three or four spoonfuls of grated Bread, with half a pound of beaten Almonds, and a little cold Cream, with some Currants; then make up your Puff-paste Cheesecake fashion, and bake them in a moderate Oven; when you draw them, sprinkle them over with Rose-water and Sugar.

103. **Cherry-Brandy**: Take six quarts of the best Brandy, 12 pound of black Cherries, a quarter of an Ounce of Cloves and whole Mace, two handfuls of Clove-Gilliflowers, one handful of Spear-Mint, and one handful of Bawm; let them lye a sleeping twenty four Hours, and then break the Cherries between your Hands, put them

them over the Fire a little while, and put as much Sugar as will sweeten them, according to your mind, and then strain them for use.

104. Cherries to Preserve: Take a pound of Cherries, put them into a pint of red Wine, take a quarter of a pound of green Pipins, pare and slice them into it; then put in two ounces of Sugar, boil them very fast till they be of the Colour of Claret, take half a pint of that Syrup to a pound of Cherries stoned, and three quarters of a pound of Sugar, divide your Sugar into three parts, melt one part in your Syrup, then put in your Cherries, boil them very fast, strew in the rest of the Sugar in the boiling; when your Syrup gellies, and the Cherries look clear, they be enough, then lade them with a Spoon till they be cold, and put them into Glasses, and cover them two or three days after.

105. Cherry-Wine: Take the best Cherries, pick them, stone them, and strain them; into a Gallon of Juice, put two pound of Sugar, put it into a Tub, and let it work, when done, stop it up for two Months, and then draw and bottle it with a little Sugar, and let it be kept six Weeks for use.

106. Chickens to know: If it be new-kill'd, it will be stiff and white, and firm in the Vent; but if stale-kill'd, it will be limber, and green in the Vent; a Chicken scalded, do but rub your Finger upon the Breast of it, and if it feel ruff, then it is new-kill'd; but if it feel slippery and slimy, then stale-kill'd;

a Cramb'd Chicken, if it be fat, will have a fat Rump, and a fat Vein upon the side of the Breast like Pullet.

107. Chicken, Veal, or Lamb Pye: Take six Chickens, and break their Bones, season them with Mace, Pepper, Salt and Nutmegs, fill their Belly with Butter, and put them in a Pye, with a pound of Sausages, lay Butter on the top, and so bake it.

108. Chicken-Pye: After you have truss'd them, season them with Cloves, Salt, Pepper, Nutmeg beaten, and Mace, then take some Parsly and Thyme, and mince them small, and mould them into a Ball with some Butter, and some of the aforesaid seasoning; stuff the Bellies of your Chickens therewith, and then lay them into your Pye, with sliced Lemon on the top of them, and the bottom of boil'd Artichokes cut into square pieces (if in season) close it up, and when it is baked, put in melted Butter.

Chickens frigate'd. See *Frigate of Chickens*.

109. Chickens in White-Broth: Take a quart of white Wine, and three pints of strong Broth, and put one or more Chickens to it in a Pipkin, add a quarter of a pound of Dates sliced, half a pound of fine Sugar, and four or five Blades of Mace, the Marrow of three Bones, and a handful of white Endive shred small, and let them stew over a gentle Fire; and when the Broth is well tasted, strain the yolks of ten Eggs into it, keeping it continually stirring, that the Eggs may mix with the Broth and not curdle; then take out the Chickens

kens, put the Broth into the Dish, and lay them in it, and garnish it with Marrow, sliced Dates, Endive, preserved Barberries, and boiled Skirrets.

110. **Chilbanes**: Take a Turnip, put it under hot Embers, and roast it well, then take off the Coat, and beat it to Mash, apply it very hot Poultisewise. shift it often for fresh ones, and continue it three or four days.

There is nothing better for Chilbanes, than to wash them in Beef Brine for a quarter of an hour or more, as hot as it can be endured, every day Morning and Evening, till they are gone.

111. **China Broth**: Take half an ounce of China, and infuse it by the Fire all Night in a quart of Conduit water, and take a Knuckle of Veal, and a red Cock, boil them in a good quantity of Spring-water, wherein you may put one handful of Strawberry-leaves, twenty Raisins, six Dates stoned, a sprig of Mace, a sprig of Rosemary; let them boil over a soft Fire till all the Flesh fall off the Bones, then strain it through a Cullender, and put thereto the Infusion of the China; let them Boil gently half an Hour, strain it, and drink thereof every Morning fasting.

112. **China Broth**: Take two ounces of China-Root chipped thin, steep it in three pints of Water all Night, on Embers covered; the next day take a Cock Chicken, put in its Belly two handfuls of Parsly, Mint, Raisins of the Sun stoned, of each a good handful, and as much French Barly; six good Onions thin sliced; boil these in a Pipkin close covered on a gentle Fire six or seven hours; strain it and take

it for a Consumption, or any defect in the Lungs.

113. **Chops** of the Breast, or rather Nipple: Take Damask Rose-water half a pint; pure white Gum Tragacanth, three drams; mix and dissolve cold, which will be done in about twenty four hours; to this add clarify'd May-Butter four ounces, mixed with Bees-wax two ounces, and pure white Sperma Ceti one ounce.

It is a very good Remedy to cure Cliffs and Chaps in Womens Breasts and Nipples: It may serve for the Hands, Lips, or any other Parts, being anointed with it warm.

114. **Churm'd Cream**: Take a quart of Cream that is very thick, two ounces of white Sugar, two spoonfuls of Rose-water, put it into a glass Churm, and so clurm it; as the Froth riseth, take it off and lay it in your Dish and serve it.

115. * **Cider the Choise**. There are several ways of making it, according to several Men's Methods. We will endeavour here to give you the best: It is made of several sorts of Fruits, viz. 1. Such as are wild, harsh, choaky, and not pleasant for eating, which grow in great plenty in Herefordshire, Worcestershire, Gloucestershire, and other adjacent Countries, in the Fields and Hedgrows, and which are also planted for this use, in Orchards and Enclosures in many Parts of England; the best sorts of which are the Red Sreack, White Must, Green Must, Westberry, Clarret Wine Apple, Gennet Moil, Stoken Apple, Summer Fillet, Winter Fillet, Olive Underleaf, Fox Whelp, and Broomsbury Crab, which last affords the greatest quantity of Juice. The greatest

greatest part of these are so savage and harsh, that Swine will scarcely eat them; yet these are they which yield the strongest, richest, most pleasing, and best Cider, not inferior to the *Best French Wine*; the Cider of which if well made and managed, will keep in Perfection several Years. 1. Such as is made of the choicest Apples, as *Pearmaines, Pippins, Kentish Pippin, Kirton Pippin, Holland Pippin, Golden Rennet, White Pippin, Harvey Apple, Marigold Apple, Queen Apple, Codling, &c.* These will yield a pleasant Cider for present drinking, but not for keeping; nor do they so easily yield their Liquor or Juice as the former Wildings and harsh Apples, because in these fine Fruits it adheres more tenaciously to its Pulp; whereas in the other it separates with all the freedom and ease imaginable. It is also observ'd, that the redder any Apple is, the better it is for Cider, and the paler the worse; that a sweet Apple, if it has a tough Rind, is very good for this use; and that the more yellow or red its Pulp or Fleshy Part is, the better colour'd the Cider will be.

116. * *Cider: Observations in choise of the Fruit.* 1. Let the Apples be thoroughly ripe, gather'd without bruising, and in dry Weather. 2. Let them lye a Week or two on heaps; the harsher and harder the Fruit is, the longer they may lye; but the more ripe or mellow, the less time: However, they will yield more Juice, if prest as soon as taken from the Tree, than if laid up as aforesaid. 3. Such as are Wind-falls, or bruised, or seem to be much Worm-eaten, or are

unripe, are to be separated from the ripe and sound: For it is better to make two sorts of Cider, one choice and good, another worser or more mean, than to make all bad. 4. From your Apples take away all their Leaves and Stalks, and such as are rotten or otherwise perished: For Stalks, Leaves, &c. will give an ill Taste, and rotten Apples will make the Cider taste deadish. 5. Such Apples as fall before they are ripe, (if not bruised) may be kept in heaps till the full time of their Maturity, else the Cider made of them will not be worth drinking. 6. About 20, 21, or 22 Bushels of Apples, just gathered from the Tree, will make an Hoghead of Cider; but if they have lain some time in heaps to meliorate, there will be required 26 or 30 Bushels to make a Hoghead. 7. They who have great quantities of Apples grind them in a Horse Mill, such as the Tanners grind their Bark in: But Mr. Worlidge's new invented Engine is said to be much better, and will grind a great many, and that in a short time. This Engine has lately received a yet greater Improvement, so as to seem almost quite another Invention; for that it takes up but a very little room, no more than six Feet Square, and according to the bigness thereof, will grind from 15 to 20 Bushels an Hour, with the Labour only of one Man, the feeding of it being now contrived with little Assistance of another; and does likewise grind all manner of Fruit, with little alteration in setting it.

117. * *Cider to make:* When your Apples are ground, they ought to be made up in Straw, or

or put up into a Hair Bag, and so put into the Press, of which there are several sorts, but the Screw Press is said to be the best. When the Liquor is prest from the Apples, Mr. Worlidge advises that it should stand a Day or two in an open Tun, or only covered with a Cloth, or Boards to keep it from the Dust: Or in a Hog-head or other Vessel not quite full, with an open Bung, till the more gross parts subside; and then to draw it into Pails, and to put it up into the Vessels you intend to keep it longer in, leaving about an eighth part empty. Set these Vessels in your coldest Cellars or Repositories, with the Bung open, or covered only with a loose Cover, that there may be a free Evaporation of the Volatile Particles of the *Must*, which would otherwise force its way; and that the *Must* may be cool, and not kept warm, lest it Ferment too much, and so make your Cider poor, small and hard.

118. * **Observations on Cider Making.** 1. This standing open and cool, is, for that it may the better let fall its grosser parts, and in time become clear, without much loss of its Spirit. For Coldness is the cause of its Defecation, and growing Fine, as Heat and Warmth occasion its Unfiness, Cloudiness, Thickness, and holding up part of its *Faces*, which in a little time will spoil both its Color and Taste. 2. As to the time of its standing open, that must vary according to the Nature of the Fruit. If the Fruit was Mellow or Sweet, the more gross Particles will be prest out with the Liquor, and so it will require the longer time to Ferment, Deizcate and precipitate.

But if the Fruit was hard, only Ripe, (not Mellow,) and Austere, or Choaky, the sooner and clearer will the Juice be prest out, and the sooner will it precipitate and become fine. 3. As soon as the Cider of hard, austere Apples is fine, you must presently Rack, or Draw it off from its precipitated Lees, lest it become acid, sower, or hard, or get some ill or unpleasing Taste from them. 4. The standing open of the Vessel, is for the Evaporation of its Gas, which it makes in its Fermentation; which if pent in, would either in time cause the Vessel to Burst, or else cause a Reiteration of its Fermentations to the prejudice of the Cider, making it poor, small, or hard and sower, as before observed: And this has been indeed, the principal Cause of so much bad Cider, as is almost every where to be met withal. They usually, as soon as the Cider is Prest, Strained, and Fermented, to stop it close up, thinking, that unless it be so stopt, it will Decay and Dye, which has been a very great Error and Mistake. 5. Whilst its gross *Faces*, or any Settlings remain in the bottom, every change of Weather will cause some motion therein, which attenuates the Cider, so as to let some rich Particles, which it ought to retain in its Body, to precipitate or subside, whereby the Cider is impoverished and made thin, jejune, hard and ill tasted. For there are certain Particles which the Body of the Liquor ought to keep, which are its Essential Salt, or Saccharine Substance, (by no means to be parted with) by which it is vulgarly said to be of

of a good and strong Body : If these, by many and often Fermentations be lost, the Cider looses its Sweetness, Pleasantness, and Gratefulness, and becomes poor, thin, hard, or acid, and flat or dead. 6. These things having been observed, have put some to seek a Remedy for the same. Some have used many ways to Ferment it, and to clear it by reiterated Fermentations, which have indeed spoiled the Cider. Others have enforced a Precipitation by means of Ising-Glass, Whites of Eggs, &c. and have yet found the Cider thin, pale, acid, or hard, and ill or unpleasant Tasted. Others again, have by addition of Mollus, course Sugar, or Sweets, endeavoured to restore it to a good Color and Taste, but alas ! all these Methods are truly Heterogene, to the true and most excellent Cider. 7. Your Cider having then stood open for some considerable time, till it becomes indifferently fine, which may be in 3, 4, or 5 Weeks, you may Rack or Draw it off into other Casks, where it may be, till it becomes more fine : For after it has parted with its more gross Faces, it will the more easily separate from the remaining Particles, or flying Lees, than it would have done, if not separated first from those grosser Parts, by the renewing of its Fermentation upon every accident, or sudden change of Air.

119. **Observations on the Managing of Cider,** after it is made. 1. The Fineness of the Cider may easily be seen, if you move but the Scum aside with a Spoon or the like. Or by a Glass Pipe, of about a Foot, or a Foot

and half long, open at both ends. Stop the upper end of the Pipe with your Thumb, put the other end down into the Cider, as deep as you think fit, then removing your Thumb, the Cider will rise in the Pipe ; stop the Pipe again with your Thumb, and draw out the Pipe, which hold over a Drinking Glass, so will the Cider, (by removing your Thumb,) fall into it, in which you may see the true Condition and Fineness of your Cider. 2. If the Stock of Cider is not over great, and you would willingly preserve your choicest Cider by it self, get large Glass Bottles of two or three Gallons apiece, into which draw the same, which Bottles let stand open, or but barely covered, in a cool Cellar, for a Month or more; till you find by your Eye, your Cider to be very Fine, or rather Superfine ; the remaining Particles or flying Lee, being precipitated to the bottoms of those great Glasses. 3. If your Stock of Cider is too great for this way of Bottling, then make use of Stone Jars, or Earthen Glazed Stands, or other Glazed Earthen Vessels, the larger the better, which may be placed in Rows in your Cellars, or Vaults, covered with Boards or some such like, to keep it from Dust, &c. but not from Air : Now to find the Fineness of your Cider in these Vessels, you must make use of the Glass - Pipe above mentioned. 4. These Glass Bottles, Stone Jars, or Glazed Earthen Stands or Vessels, are the most fit for this work, (better than wooden ones) because of their Coolness, which very much contributes to the Precipitation of the remain-

ing

ing Lees, which would otherwise much hurt, if not spoil your Cider. 5. If your Stock of Cider is too great for these kinds of Vessels, you must then Rack it into other very clean and sweet Casks or Barrels, Hogsheads, &c. in which let it remain lightly covered, till it is very Fine, as aforesaid, before you stop it up. 6. If you do not find that the Cider grows fine, so soon as you would have it, in these Casks, for want of that Coolness, you may put into it some small Flints, or Pebble Stones, dry and clean, which will much contribute to its precipitation and clearing. 7. When it has attained its ultimate degree of Fineness, which it will accomplish, if you let it stand its due time, (but some will Fine in half the time which others require; and again, some will require twice or thrice the time which others take.) Then take a Glass Syphon or Crane, and draw it off, from its last Fæces, into smaller Vessels, or Bottles, in which you intend to keep it for use: These stop close with Cork, and if Bottles, tie them over with Pack thread, which put into a cool Cellar, where after a few Weeks standing, it will acquire a fine Relish and Briskness, and mantle in the Glass, without any manner of Fæculency, retaining its first pleasant Sweetness, and Taste of the Apple, but with a change of its Color, which will be from a pale, to an Amber or Canary Color. 8. If you would have some of it grow sooner ripe than the other, you may place those Bottles in some warmer Room or Place, so will it much sooner

answer your expectation. 9. Sometimes, the next Summer after, this very fine Cider may have some Rays as it were, or flying Fæculences appear in the Bottles, occasioned by the warmth of the Season, causing another Fermentation, from that great or strong Body of the Cider, replenished, or full with its own Essential Salt, when made of the Sweeter, or more Mellow sort of Fruit. These, in some short time, will precipitate or subside; and then with your Syphon draw off the fine Cider from those Fæces, which you may do without any prejudice to your Cider. 10. For want of this timely drawing off, or prevention, (which cannot be so well done in Wood Vessels, as in those of Glass.) in which you may easily perceive, the various changes which may happen in your Cider, is in a manner lost, or at least so much spoiled, as not to be fit for Drinking, without some after additional alterations and amendments. *Worldge.*

120. * *Cider made in some Southern Parts of England.* They take Pippins, Pearmain, Girton-Pippins, Holland Pippins, Golden Rennets, Harvy Apples, and other choice Fruit, which they grind small, press out the Juice, and then Barrel it up, letting it stand till it has done Working. Then putting in a pint of good Mustard into the Barrel, they stop it up close; the like quantity (in proportion) to any other Vessel greater or lesser than a Barrel. When it has stood a Month, they draw it off into Bottles, and into every Bottle they put a little Lump of Double

Refined Loaf Sugar, and so Corking them up, and tying them down with Pack-thread, they keep them in a cool Cellar or Vault.

121. * **Cider** made after Mr. Cook's way. Take through ripe Apples, (for if the Fruit be not ripe, the Cider will be sowre,) gathered dry, free from Bruises, Rottenness, &c. which lay on dry boarded Floors, on heaps to Sweat, for the space of 10, 12, or 14 Days, at what time they will have done Sweating: Then Beat or Grind them, and let them lye 24 Hours before Pressing, so will your Cider be of a more bright Amber color, and hinder its over Fermenting. Hard, or not perfectly ripe Fruit, and Winter Fruit, may lye to Sweat three or four Weeks before Grinding. If the Fruit be very Mellow, add to every 20 Bushels of Stampings, six Gallons of pure Water, so soon as they are Beaten or Ground: The softer and mellow, the more Water must be added, to restrain its over Fermenting or Working; which tho' it may make the Cider weaker, yet it will make it prove the pleasanter, for over ripe and mellow Fruit, lets go so much of its loose and fleshy Substance in Percolation, that you will difficultly separate from the Lee, before it Ferments; so that then its fine, brisk and delicious Spirits fly away as it were in Troops, or rather Armies, leaving the Cider poor, small, flat, and vapid, and in some small time, (by reason of the unseparated gross Lees,) it becomes hard, and sowre. The Cider made of such Fruit, has need of Settling in a large Vat or

Vessel, for at least 24 Hours; so will its Forces settle, which ought to be, before it is Tun'd up; and then you are to draw it off, leaving as much of the thick Lee behind as you can, (which may afterwards be put among the Pressings for Water Cider.) If you find your Cider still so Turbid or thick, that it will Work much, then after it has stood some small time in a cool place, draw it off into another Vessel by a Tap, 2 or 3 Inches from the bottom, and again let it settle so long as you think it is near ready to Work; for if it works in your Tubs, it will let go but little of its gross Lees. All the while it is in the Tubs, you are to cover it, that no Dust &c. may fall into it. The finer you put it up in your Casks, the less it will Ferment, and the better it will Drink; yet you must have a care not to chill it, (as often happens in cold and Winter Weather,) for then it will not work at all; and then in this case, you must put in a pint of Alehoof Juice, mixt with half as much of Ising-Glass, to refine it, which tho' it will not do it presently, yet it will perform the Work the next Spring. These Directions observ'd, Barrel it up, and when it ceases working, Bung it close, and reserve it so, till it is fit to Bottle, that is, when it is fine; for till then, 'twill endanger the Bursting of the Bottles. And if (for present Drinking) you would have it brave and brisk, and cutting, put a little Lump of Loaf-Sugar into each Bottle.

122. * **Observations on the management of Cider.** 1. If it is made of hard, or but just ripe Fruit, as soon as it is press'd, strain

it into a Vat or Tub, with a Tap in it, and cover it over close with Sack Cloths; so will the most turgent parts evaporate; whereas if it be put too soon into Casks, it will too soon Ferment, before the gross Lees can be separated from it; which settling in the Vat, the clearer will be drawn off into your Casks, and so it will be preserved from a too violent Working, which causing it to loose its Sweetness, will cause it to become sower. 2. *Therefore let it stand in the Vat, 24, 36, or 48 Hours, more or less, according as you find it inclin'd to Work; and when you draw it off, leave as much as you can of the gross Lees behind; because it is the Lees which is apt to put it into a new Ferment, upon all changes of Weather.* 3. *When you have Barrell'd it up, fill not the Cask quite full; and if you find it begins to Work much, Rack it off again, and remove the remaining Lees: And if after this, you find it still upon the Ferment, you must still repeat the same Work of Racking it, till it becomes quiet; for it is a Liquor very apt for this Operation, especially if the gross, or grosser Lees, are not timely separated from it: And therefore if moist or unsettled Weather happen at the time of its Fermentation, it will require so much the more Care and Pains, to be taken about it.* 4. *When it has done Working, stop it up, leaving only a small Vent-hole, at the first stopping, by which you may easily try if it wants Vent, for then it would burst the Cask.* 5. *If your Fruit be unripe, or your Cider small, and you desire to encourage, and make it Richer, you may improve it thus.*

Take Juice of Pippins, Pear-mains, &c. to every Gallon of which, put two pound of Raisons cut small; cover the Vat, and let them stand 2 or 3 days: Draw off the Liquor by the Tap, pressing out the Raisons, and put both Liquors into a Cask to Ferment. After 14 days, Rack it off, not filling the Cask full, you draw it into, but leaving room for it to Work up in: After which, stop it close, leaving only a small Fisset Hole open, or loosely stop't: And when it has done Working, fill up the Vessel, and then when Fine, Bottle it off. 6. *Or you may do the same this way.* Fill your Cask about 3 quarters full, and let it stand till it grows clear, which will be in about 8 or 10 days time, and then draw off the clear only, into a clean Cask, which fill almost to the top, giving it Vent thrice a Day, for a Week, lest it should burst the Vessel. Then to every five Gallons, put one Pound of Raisons slit, and one Pint of Brandy; let it stand 3, 4, or 5 Days more, then stop the Cask up very close, and about March next, (not before,) Bottle it up. But if it is *Coddling-Cider*, it must be Bottled sooner, for that will not keep so long.

123. * **Cider Boiled.** Some commend the Boiling of Cider, as that which gives a mighty Strength to it; but it is much better to be done to Cider of some sorts of Fruit, than of others. The Cider which most requires Boiling, is that which is made of *Pippins, Harvey-Apples, Pomewaters*, and the *Bitter-Sweet-Apple*, which grows much in *Dorsetshire*, and other Apples of a watery Juice; which Cider is

much mended by Boiling, especially if it should be kept to be two Years old. The way of doing it is thus. Take the Juice as soon as it is press'd, and strained, (before it Ferments, for then the Boiling will Evaporate all the Spirits, and so spoil the Cider, instead of bettering it;) put it into a Copper Tinn'd within, or a large Earthen Pot which is wide and open, for the more expeditious exhaling its Aqueous or Watery Parts: Make it to Boil moderately, and continually Scum it, as the Scum arises: O' serve the color of it as it Boils, so as not to Boil it longer than till it comes to the Color of good Small Beer. Then cease the Boiling, and when cold, Tun it up, leaving only a small Vent; and when it is Fine, Bottle it up. Let not this Boiling be done to the Juice of Apples long gathered.

124. * **Cider Sweets** to make. First make an Egg-water, by beating 40 or more Whites of Eggs, with a kind of Whisk to Glare, and well mixing it with about 8 or 10 Gallons of Water: But to prepare your Egg-Water in parcels, viz. a Quart or two at a time as you use it, is the better way. The use of these Eggs is only to raise such a Scum, as will carry away not only all the Foulness and Grossness of the Sugar, but all the Whites of Eggs also put in in the Egg-Water. The proportion of Sugar to the Water, in making these Sweets, is a hundred weight of Sugar to 16 Gallons of Water, or 56 pound to 8 Gallons, 28 pounds to 4 Gallons, &c. Put four Gallons of this Egg-water to your Sugar: Hang all over a

gentle Fire, and stir it about till the Sugar is dissolved; and be sure when it Boils, to put in more Egg-Water, to keep it from boiling too high, and so continue putting it in, a Quart or two at a time, till all your Egg-water is spent. Take off the Scum as it arises, and when it has done rising, and the Sweets are clear, then add the rest of your Water, so much as to make up the quantity of 16 Gallons, and let it boil to the Consistency of a Syrup, which keep for the following use, for bettering and mellorating your Cider. As to the sort of Sugar, you may make your Sweets either of white Sugar or of Brown: If they be made of white Sugar, the Cider into which they are put will be, and remain of a pale color. But if you make them of Brown Sugar, the Color of your Cider will be higher, and of an Amber or Canary Color; and this latter, (being also cheaper) may be used as well as the former, for that most People love to see their Cider of the Amber, or deeper color. Or in lesser quantities thus. Take Sugar 28 *l*. Water 8 or 10 quarts, in which 10 Whites of Eggs or more, are to be beaten and dissolved: Put the Sugar into a Vessel, or Copper Kettle Tinn'd within, over a gentle Fire, and add thereto a Gallon of Egg-water, stir all about till the Sugar is dissolved; when it boils, put in more Egg-water, to keep it from boiling too high; and so continue putting it in, one half Pint after another, for an Hour, till all your Egg-water is spent, Scumming it all the while; so will the Sugar, or rather Syrup made of it, be perfectly Clarified, and

and be very pure and fine: Boil it to the Consistency of a Syrup, which being cold, is for use with your Cider, with a little Bag of Coriander Seed infused in it. Of these Sweets, you are to put in so much as to please your Palate, or as the Tartness of your Cider requires, which is not yet to be done, till the Cider is Rack'd off the last time, and that it has past its Fermentations.

125. * **Cider Brandy, or Spirit to make.** It is made exactly as you make Brandy or Spirit of Wine. The Cider is put into a Copper Body and Head, both Linn'd within, with its Refrigeratory or Worm, running through a Pipe of cold Water, under whose Beak a Receiver is placed. Take eager, or sowre, or very hard Cider, (for that yields by much, the more Spirit,) twelve Gallons; from which with a gentle Fire draw off two Gallons of Cider Brandy or Spirit, which reserve for the use in Sect. 126. following. The remaining, you may distil so long as any Spirits will arise, and these may be called Small Spirits, or Low Wines, which afterwards may be mixed with the next Cider to be Distilled, by which means it will yield a much greater quantity of Brandy or Spirit. And thus continually mixing these Small Spirits or Low Wines, with the next Cider to be Distilled, you will (in course of Distilling) obtain the Whole, and the All of the Spirits contained in your Cider, without any kind of Loss whatsoever. Where Note, 1. That the sowre, prickt, or very stale Cider, which is scarcely fit to

Drink, makes not only the greatest quantity of Brandy or Spirit, but also the strongest and best tasted. 2. That it is good to be kept so long before it is used, till its *Empyreuma*, or taste of Burning, is lost or gone from it, which Age and Time will free it from. 3. That tho' we have allowed two Gallons of Spirits to be drawn from twelve Gallons of Cider, yet some draw but a Gallon and half, or 6 Quarts from the same quantity; but this disproportion is to be considered in respect only to the Qualification of the Cider; for that some Cider will yield in the same quantity, 8, 9 or 10, Quarts of as Strong Spirit, as other Cider will yield but six Quarts; which thing, is to be left to the Discretion of the ARTIST. 4. In *New England*, (where they have a great plenty of Cider,) they make this Spirit another way; thus. They put a Hogshead of Cider abroad in the open Air in Winter time, to Freeze, so will the Spirit, (which will not Freeze,) retire into the middle of the whole, and will be about (in every Hoghead of 63 Gallons,) about 12 or 14 Gallons of Brandy, or Spirit, according to the Goodness of the Cider: When it is well Frozen, they bore it thro', and so let out the Brandy into a proper Receiver; which shews that 12 Gallons of good Cider, does, or may contain 21 Pints, or 10 Quarts and a half; but compleatly 18 Pints, or 9 Quarts at worst.

126. * **Cider Royal:** Take a Hogshead of choice good Cider, and put to it the whole quantity of Brandy or Spirits of

one other Hoghead of Cider, which is about 2 pint and half of Brandy or Spirits, at least, to every Gallon of Cider, (if the Hoghead yields but 12 Gallons.)

Note, that the Cider ought to be fine before you put in the Brandy or Spirits, and past its Fermentations; but it ought not to be very stale; for the staler the Cider is before the Spirit is added to it, the longer time it will take to be incorporated, and intimately mixed therewith; and the sooner it is put in, the sooner it will be fit for use; only be sure the Cider has done working before it is mixed with the Spirit. You are also to add of the former Sweets about 4 or 5 Gallons to every Hoghead of Cider, which is about a Quart, or a Quart and half a Pint, to every 4 Gallons; but of these Sweets you may put in more or less, according to the Tartness, or Hardness of your Cider, and the Relish your Pallate requires: These are also to be added after the Fermentation is over. You must first mix your Spirits with the Sweets very well together, and then add to them an equal quantity of the Cider; all which being perfectly incorporated, you are to put it all into your Cask or Hoghead of Cider, and then stir them well together with a strong Staff with all your Strength at the Bung-hole, for half a quarter of an hour; and then the Bung-hole being stop'd close, you may rowl your Cask round backwards and forwards for 10 or 12 times, for the more perfect mixing together: So being set in its proper Place, let it stand (without drawing any off) for 2, 3, or 4 Months, by which time it will

be fit to drink, and Bottle up, and choicely good, not inferior to any Wine, not inferior even to *Canary*.

127. *Cider Royal in other Proportions.* If you would have your *Cider Royal* weaker, then to every Hoghead of Cider put 4 Gallon of Spirits, and 2 Gallons of Sweets, which is about half a pint of Spirits, and a quarter of a pint of Sweets to one Gallon; and this will make it of the Strength of ordinary French Wine: Or put to every Hoghead of Cider 6 Gallon of Spirits, and three Gallons of Sweets, which is to every Gallon of Cider 3 quarters of a pint of Spirits, and a quarter and half of Sweets; and this will make the Cider of the Strength of some mean, green, or ordinary *Canary*. These things are to be mixed and done, as in the former Section, after Fermentation; and when the Cider is rack'd off the last time, after 3 or 4 Months it will be fit to drink as the former, and may then be drawn and bottled off. If your Cider is stale, it will require the longer time to digest and meliorate; but if whilst recent or new, 'twill be the sooner ripe and fit for bottling, or drinking. These *Cider Royal's* in this Section will drink very unpleasingly, when first made; but after they have stood their due time, they will drink like Wine, very strong and grateful to the Palate; and then it may be bottled up as aforesaid. They will keep in Casks two years, provided the Casks are kept full; for that in two Months time they will be apt to waste a quart, more or less, as the Vessel is in bigness; so that they must be continually fill'd up again

again with Liquor of the same Kind and Strength, or rather stronger. If they be kept too long, they will become unpleasant again, and as ingrateful as old Hock.

128. * **Cider Royal yet in other Proportions.** Put to every Hogshead of Cider $9\frac{1}{4}$ Gallons, or 38 Quarts of Brandy or Spirits, and $6\frac{1}{4}$ Gallons or 25 quarts of Sweets, which is to every 5 Gallons of Cider 3 quarts of Brandy or Spirits, and 2 quarts of Sweets: mix and do as before directed, and let it lye barrell'd up for 2, 3, or 4 Months. At the end of which time you will find it as strong and as pleasing as Canary. It must be own'd, that this is an excellent Composition; but if our first Cider Royal be compleated with this Proportion of Sweets, that will very much exceed it, it is fit that every one should make Tryal, and so please their own Palates, because some do not like Liquors so extravagantly sweet as some others do.

129. **Cider Royal to Cure,** when it becomes unpleasant and unfit to Bottle, as like Old Hockamore. Put one Hogshead of this Old Cider Royal to one Hogshead of new Tart Cider, before it is quite clear and fine: Mix them well together, and put them up into two other fresh, clean and purely sweet Hogsheads, adding Brandy or Spirit and Sweets in a due proportion to the quantity of your new Cider: This in about 2 Months time will be full as good, if not better than ever it was. Suppose you do it in *October* or *November*, it will be most excellent *Cider Royal* by the end of *December*, or *New-years-day*, and

fit for drinking or botling; which your new Cider cannot be in double that time.

130. * **Observations on Cider Royal.** 1. That if you have not *Cider Spirits*, that then *French Brandy*, or a fine *Sugar Spirit* used in the same Proportion will do the same thing; so also a Spirit distilled from the fermented Juice of *Cherries*, *Gooseberries*, *Turneps*, &c. 2. That by keeping it too long, it will loose much of its fine Taste and Flavour, as is before-noted; yet it will loose nothing of its Strength. 3. That by adding *Wormwood* to it, as you do to old *Canary*, or rather *Rhenish Wine*, you may make as good, and as grateful a *Purl Royal*, as that which is made with *Wine*, and as beneficial to the Stomach, both for procuring Appetite, and causing Digestion; so that no *Wormwood Wine* will exceed it. 4. That this *Cider Royal* may be made to the strength of any *Wine*, even to the height of the best *Canary*, suitable to all Seasons of the Year, and agreeable to the Constitutions and Palates of Persons of all Sexes and Ages whatsoever. 5. That if our first *Cider Royal* (with a larger Proportion of Sweets) be kept 2 or 3 Years, it will be better'd thereby; provided, that every two Months time the wasted Liquor be supply'd, and the Vessel kept full, with more Liquor of the same strength or stronger, without putting into it *Scum*, or other unwholsome Ingredients. 6. That when you would have it resemble *Canary*, you must add the greater proportion of Spirits and Sweets; but if *French Wine*, or other small Wines, then the

Spirits and Sweets must be less : and many times no Sweets at all. 7. That the husky Parts of the Apples, after the Cider is prest out, being steeped two or three Days in as much Water as will cover it, and then pressed clean out, and kept in a Vessel till it has well fermented, (as also the Lees of all your Cider) being then distilled, as before directed, will afford a quantity of Brandy or Spirit as good as the former, and which may be used for the same purpose.

131. * *Ciderkin, or Cider with Water.* Put to the Murc or Cider Pressings about half the quantity of the Cider which was pressed out, more or less, as you would have it, stronger or smaller ; digest them together 48 hours, then press out, tuning the Liquor up immediately ; thus will it be fit to drink in a few days, the Liquor clarifying it self. It will be yet made stronger or better, by adding to it the Lees, or Settlings of your Cider, putting it with the Murc, or Pulp while in digestion before Pressure, or by addition of some superfluous Cider, which your Vessels would not contain, or by grinding some fallen or refuse Apples, and adding them thereto. If after Pressure you presently boil it, and add Hops (as if to Beer) or put in Ginger and Bay Leaves, it will keep so much the longer, and be so much the more pleasant to drink.

132. * *Ciderkin another way.* Take a Peck, or more, of sliced Apples (the Core taken away) Water a Barrel ; boil till a third part is consumed, strain out, and put the Liquor upon a Bushel of bruised or ground Apples, not

boiled, digesting 24 hours ; press out the Liquor, and Tun it up ; let it ferment, then stop it up close, giving it vent now and then, lest it burst the Cask ; and when it is fine, it may be either drank, or bottled up for use.

133. * *Ciderkin otherwise.* Take half a Bushel of Apples sliced, which boil in a Barrel of Water till the Apples are soft ; let the Water lye upon the Apples for 24 hours, than decant, draw off, or strain out the clear, and put this Water upon 3 Bushels of bruised Apples, in a Vat, with a Tap at bottom, out of which draw the Liquor 3 or 4 times a day ; and this for 2 or 3 days together : then in a Hair Bag press out the remaining Liquor in the Apples, which mix with the former ; and when it has done working, Tun it up, and stop it up close. These *Ciderkins* are a small kind of Beveridge, and may serve for the Family and Servants drinking.

134. * *Cider made another way.* Take ripe Apples (such as will fall easily upon shaking) grind them in your Mill or Engine ; put them into a Hair Bag, and gradually squeeze out the Juice in a Press : Tun it up in a season'd Cask, putting into it a Paste made up of a little Honey and Flower, and enclosed in a thin Rag ; let it stand 6 or 7 days, and then draw it off from the Lees into another season'd Cask, or Bottle it up at your Discretion, not stopping the Bottles for 24 hours ; and when you do Bottle it, leave an Inch space or more from the Cork, lest it should work again, and so make the Cork fly, or burst the Bottles ; but to prevent this, 'twill be good to

to open them once a day, for some time, or to have a Quil run thro' the Cork, which you may stop and open at Pleasure. If you Bottle it not at present, but rack it off into another Cask, in which it may remain all Winter, it ought to be put into a warm place for fear of chilling or freezing; and in Summer in a cold Place, to prevent its fermenting a-new, for that would make it grow thick and musty: And when you come to bottling it, be sure to put a little lump of Loaf-sugar into each Bottle, if it be for present drinking. The Cask you Tun it up in ought to be seasoned, by burning in it a Rag dipped into Brimstone, and tyed to the end of a Stick; when the Smoak is gone, wash it with a little warm Liquor which has run thro' a second straining of the Murr, or Husks of the Apples.

135. * *Cider of Codlins, or Summer Cider:* Cider made of this Fruit, tho' it is of an excellent Taste, will not keep longer than *Autumn*; and therefore is always made for present spending. When the Codlins begin to be ripe, gather them, and lay them in Hay or Straw for 3 days, to sweat a little; quarter them, cut out their Cores, and bruise or grind them; squeeze or press out the Juice, letting it run into a Receiver underneath, thro' a very fine Hair Sieve, that may stop the smaller Particles of the Pulp which may be press'd out with it. Being drawn off, let it settle for 24 hours; then decant the clear, and put half a pint of Ale-yest to it, and let it gently ferment for 24 hours; after which draw it off into another Cask, in which let it remain for 14

days; then Bottle it off, putting into each Bottle a little lump of Loaf-Sugar. Let the Bottles stand open 24 hours, and so stop them up close. Thus ordered, it will be fit to drink in about 10 days time, and have a very brisk, cool, and pleasing Flavor, or Relish with it.

136. * *Cider Fining, with other Observables.* 1. If Cider, Perry, or other Liquors, do not fine as they ought to do, you may take of Ising-glass about the quantity of 4 ounces to a Hog-head; which being pull'd in peices, or beaten thin upon some Anvil, and cut into small bits, is to be put in steep into White Wine (which will more easily dissolve it than any other Liquor) all Night, and so over a gentle Fire to be perfectly dissolved: then take about a Gallon of your Cider, in which gently boil the dissolved Matter; which done, put it into the whole Mass of your Liquor, stirring it well in; Stop the Vessel close, and so let it stand to ferment 8 or 10 hours, as you please: During which time, the Glue being dissolved through the whole Mass, it will precipitate the Lee. When you see it has done working, draw it out gently at a Tap below the Scum; or you may first take off the Scum gently. 2. This Work may also thus be done: Steep the 4 ounces of Ising-glass in White Wine, enough to cover it; after 24 hours beat the Ising-glass to pieces, and add more Wine to it, and 4 times a day squeeze it to a Jelly; and as it thickens, add more Wine to it, till it is all reduced to a perfect Jelly; mix it well with 3 or 4 Gallons of the Cider, and then put it into your

your Hoghead, stirring it well with a Saff. This cold way is much better than the other; for boiling part of the Cider makes the whole the more apt to decay. 3. The Cider thus purified or made fine, you may preserve it (in a full Vessel) a long time, there being no more Lee in it than is necessary for its preservation; or you may, after 12, 13, or 20 days, bottle it off; which standing open 24 Hours, may be stop'd, or cork'd and tyed down with Pack-thread. 4. This may be used in such Cider made of *Pippins, Pearmains, Harvy Apples, Pome-waters*, and where its flying Particles or Lee do not easily precipitate; but in *Red Streak, Genet Moyl, &c.* Cider, it is unnecessary, because that Cider parts with its *Faces* with much ease, not having much Adhesion to the Pulp; for which reason it is not so subject to Acidity, nor reiterated Fermentations. 5. Cider made of green, or unripe Fruit, will not fine kindly; and when it does, it keeps not long good, but quickly becomes acid; and therefore, if you would have it to keep its full Strength, you ought timely, with Ising-glass, to cause a separation from its grosser Parts. 6. But it is to be observed, that if the Cider is made of choice Fruit, that the longer it is in fining, the stronger and more lasting it will be, because it retains the greater proportion of its Spirit. 7. If the Cider is press'd from Pulpy, and thro' ripe Fruit, having lain long in hoard, it will not so easily loose its Spirits as the other; and therefore is the more easily preserved.

137. **Cider Casks to prepare:** Not having good Casks is

often the spoiling of much Cider, because it is a Liquor very apt to involve any Taints, Mustiness, Stinking, or other ill Savour; for which Cause new Casks, without they be prepared, very much disaffect the Cider: Wine Casks, if they can be gotten, are truly the best; but where they are not to be had, you must take up with others. 1. Scald your Casks with Water, in which a good quantity of Apple Murr or Squeezings have been boiled. 2. If it has been tainted with any ill Savour, boil an ounce or two of beaten Pepper in Water, enough to fill the Vessel; which put in boiling hot, in which let it stand 2 or 3 days. 3. Or take some Quick-lime, and put it into the Cask; which slack with Water, keeping it close stop'd, and tumble it up and down till the Commotion ceases; from which being cleansed, be sure your Cask be dry before you put in the Cider. 4. Or fume your Casks with Sulphur, because this does (as well as take away the ill Smell and Taste of the Cask) with all conduce to the Preservation of your Cider. And this is done by dipping a large Rag into melted Brimstone, and by tying it to a Wire; let it down lighted into the Cask, so as to fill it full of Smoak; upon which, if you pour in your Cider, it will give it no ill-Taste, but be a Preservation to the Liquor, and also a Preservative of Health: Besides which, it will much help to fine it. 5. Some mix with the Sulphur 4 Parts, Burnt Alom one Part, and Brandy 2 Parts; into which all being melted in an Earthen Pan, they dip in new peices of Canvase, which they

set

set on fire to burn and fume the Vessel. 6. But the better way for this Operation is to have a little Earthen or Stone Pot (to burn the Brimstone in) with a Cover fitted to it, in which shall be two Pipes; one Pipe to go into the Cask, and another to come into your Mouth, by which you may blow the Fume into the Cask. 7. But where the Cask seems to be incurable by these Remedies, the most effectual will be to take it into pieces, and to pare it all over on the inside; and when aired, to set it together again. 8. The upright Cask is the most commended for Cider, because it is apt to contract a Scum or Head, which always lying all over its top unbroken, contributes very much to its Preservation; whereas lying length ways, by the sinking of the Liquor, the said Head or Scum is broken, or covers not the whole Surface of the Liquor; for which reason it decays and grows flat; whereas in the upright Cask it keeps its Life and Briskness to the last.

138. * *Cider to Preserve, and restore if decay'd.* 1. Deadness and Flatness of Cider is often caused by the not close stopping of the Vessel, whereby the Air has too great a Power over it: The Remedy is, to put in a quantity of the newly prest Juice of some good Apples: And this you may do, if it be in Bottles, by putting in 1, 2 or 3 Spoonfuls of the *Must* into each Bottle of dead Cider, and stopping it up again. But Cider, which is dead or flat, will often times revive again of it self, if close stop'd, upon the Revolution of the Year, and approaching Summer: Yet if its

deadness or flatness comes by being kept in an Ale or Beer Vessel, it is never to be revived again. 2. If it is caused from its not working well, put a small quantity of Lime, or Calcin'd Tartar to it, and they will cause it to ferment by their Warmth and Alcalious Salt; so will it presently become brisk and florid; but then it must be drank presently, or quickly bottled. Oak or Beech Chips or Shaving promote also Fermentation; and therefore a new Cask causes it oftentimes to ferment too much. 3. Ginger promotes the Melioration of Cider, and gives it more brisk Spirits and easy Taste, by helping its Fermentation, corrects its Windiness, and adds to its Duration. 4. If it has got any ill Savour or Taste from the Vessel, or any other Cause, grind some Mustard seed in a wooden Bowl with a Cannon Bullet, adding to it some Cider in the grinding, and put it into the Vessel of Cider, and it will help it. 5. Mustard-seed ground with Canary, and put into boild Cider, gives it good Spirits, keeps it brisk, and preserves it. 6. If Cider be thick, it may be made good and clear by a second Fermentation. 7. As there is a difference between acid or sharp Cider, and that which is prick'd and turn'd eager; so the first has its Spirits still, and may be retrieved, by addition of *New Spirits*, or *Must*, or *Sweets*: Whereas the latter, by reason its Spirits are wasted and decayed, is never to be restored, for all attempts to recover it are in vain. 8. Three or four Eggs put into a Hogshead of acid, or sharp, or hard Cider, will in some measure meliorate it; so also

also, sometimes two or three *Rotten Apples*, will refine it, if it be thick. 9. *Wheat* boiled till it begins to break, and when cold put into the Cider, (not in too great a quantity,) will help it much, the Vessel being kept close stop'd. 10. *Wheat unground*, about a Gallon to a Hogshead; or Leven or Mustard ground with some part of the Cider, or rather with Canary, and put in to the Cask, will both preserve Cider from growing eager, and also recover it when acid. 11. But the best addition to preserve it, is a strong Decoction of Raisins of the Sun, or the new Lees of *Spanish Wine*. 12. After Fermentation, when the Cider is in the Cask it is to be kept in, it is good to cast into it a good quantity of *Wheat Bran*; because it very much thickens, contributes to, and strengthens the Scum, Coat, or head of the Cider, which very much conduces to its preservation.

139. * Bottling of Cider.

1. This is the only method or way, to preserve it a long time: You may Bottle it 2 or 3 days after it is well settled or Fine; but if for present Drinking, before it is thoroughly Fermented: Otherwise, you may Bottle it in *March* following, which is the best time. 2. If your Bottles are foul, they ought to be cleansed with hot Water, or Soap Suds, and small Shot, or small Pebble Stones, shaking them altogether, &c. But if they are Musty, or have any ill Savor, you must boil them in a Vessel of Water, or Soap Suds, or Lye, putting them in when the Water is cold, to prevent their Cracking; and in which they are to

remain (after boiling) till they are cold; and when you take them out, you are to set them on Hay, Straw, or old Woollen Cloths, and not on the cold Floor. 3. Great Care is to be had in chusing good Corks, for that much good Cider is lost, or absolutely spoiled through the defects of them; and therefore they ought to be chosen one by one. 4. Before they are used, they ought to be steeped all Night in Scalding Water; for so they will the better comply with the Mouths of the Bottles, than if forc'd in dry; also the moisture of the Cork, does in some measure contribute to keep in the Spirits. 5. If the Cider you Bottle is New, and not absolutely Fine, let the Bottles stand open 24 Hours before you stop them up; or else open the Corks once or twice a day, to give the Liquor Air, for several days together; for so you will prevent the bursting of the Bottles, or flying out of the Corks, upon any sudden change of Weather. 6. The smaller, or poorer Cider is more apt to fly, or break the Bottles, than the stronger, being more apt to be eager and windy; whereas the Rich and Strong Ciders, having a more Solid Body, more firmly retain their Spirits, and so seldom make their Bottles burst: If you fear a Fermentation, open the Corks to give Vent, and so prevent it, and 6 or 8 Hours after, stop them up again. 7. Lay your Bottles therefore a little side ways, when the Cider is Fine, so that the raising them may not disturb the small Settling (which will always be) nor let the Lee beget any new Fermenta-

menta-

mentation, which is a great advantage to your Cider, and indeed to any other Liquor. 8. After your Cider has been bottled a Week, if it is new Cider, (else at time of Bottling) put into each Bottle a piece of white Loaf Sugar, as big as a very large Nutmeg; this will make it brisk, but if the Cider is to be kept long, it will be apt to make it turn Sower. 9. All the Summer long, the Bottles may be kept in cold Cellars, or Vanits, or in Sand; also in cold Cisterns, or Fountains of Water, provided you Pitch over your Corks before hand, to prevent their rotting: If the Cider is good, and has a strong Body, the longer the Bottles are kept, the better the Cider will be. 10. *Lastly*, in cold Winter time, and hard Frosty Weather, your Bottles are to be set upon Hay or Straw, on Deal Boards, and to be covered also with the same, to preserve them from Freezing and Breaking; and about *April*, you may replace them, in their coldest Repositories again.

140. * *Cider to order another way.* 1. Scald your Vessel with Water Cider, and dry it very well. 2. Take a quart of the best old Malaga, or Canary, and put into it, stop the Vessel close, and rowl it up and down every way in it, to season it. 3. Then Tun your Cider, having a Tap in the Vessel before Tunning, not filling the Vessel full by a pretty deal, but leave room enough in the Hoghead for it to Work, and stop it very close to keep in the Spirits. 4. As you hear it Work, (for you must every day watch it) which is when it begins to make much

noise, draw out every day a Glass full, to give it vent, lest it burst the Vessel, or Cask. 5. When it is Fine, Rack it off into another Hoghead, and after that, in some little time Bottle it.

141. * *Cider to fine in twenty four Hours.* 1. Let the Cider settle in the Fat for 24 Hours or more, to free it from the gross Lees, and then Barrel it up. 2. As soon as it is Tunnd, take in proportion to a Hoghead of Cider, the Whites of 15 or 20 Eggs, which beat to a Glair, and when the Froth is gone, put so much fine Scowring Sand to it, as will make it neither too thick nor too thin, viz. about the thickness of Cream, mix them well together, and put it into the Cider at the Bung-hole. 3. Then with a strong stick, stir it about soundly, that all may be well mixt together; it will be Fine in 24 Hours, and in 24 Hours more, you may Bottle it.

142. * *Cider decayed, to recover the best way.* To a Hoghead of Cider, put a quarter of a hundred, or 28 Pounds of the best Frail Malaga Raisins; and in 6, 10 or 14 days, or 21 days at farthest, your Cider will be Fine, and very Palatable, which you must watch, by drawing every day a little Glass full at a Peg-hole in your Vessel, which Peg hole, let not be higher than the middle of the Head of the Vessel: When you find it to be very Fine, Bottle it off presently; else in 2 or 3 days time after its being fine, it will not be worth any thing.

143. * *Cider flat or Sower, to restore, if not quite Dead.*
Take

Take in proportion to a Hog-head of Cider, six pounds of brown Sugar-Candy, and add to it as much of that Cider, as in boiling, will bring it to a Syrup. When this Syrup is through cold, put it into the Cider, and stop up the Cask very close. It will cause presently a Fermentation, but not so great as to hurt your Cider; but your Vessel ought not to be quite full, that it may have room to Work in. So in few days, the Cider will be fit to Drink, and of the perfect color and Taste of Red Streak.

144. * Cider advantaged by some particular Additions.

1. Honey, Sugar, or Sugar-Candy, mixed with Spices, and put into Flat Cider, revives it much, being put in in proportion to the quantity. 2. Some Cider will bear a mixture of Water, without Injury to its Preservation, others will not: When you find what Fruit will bear it, let the mixture of Water be added in the Grinding, so will it better incorporate with the Cider, than if put in afterwards. 3. In Bottling of Cider, (besides Loaf-Sugar, which may, or may not be put in,) Ginger, and *Jamaica* Pepper, (8 or 10 of the Grains to a Bottle,) may be put in, in Bottling, because they make the Cider lively and brisk, and help its Windiness, but Ginger more than other Spices. 4. Mixture of Fruits is of great advantage in making good Cider, provided they be of equal Ripeness. Mr. *Worlidge* says, that Red Streaks and Golden Rennets mixt together, make the best Mixture.

5. Juices of Currants, or of Mulberries, give it a pleasing

Quickness and Color withal.

6. But the Juice of Black Cherries, is preferable to all others, because it gives it both a Rich Taste, and a Glorious Color.

7. And Elder Berries are not much inferior to them, if mixed and prest out among the Apples, for they give a good relish, and a most excellent Color.

8. Malaga Raisins stamp'd, and put to a sufficient quantity of Milk, and then strained thro' a Flannel Bag: If a small quantity of this be put to one or two Spoonfuls of Syrup of Clove-gilliflowers, and put into each Bottle in Bottling, it it gives an excellent Color, Relish and Taste. 9. Dried Red Roses, dried Clove-gilliflowers, or Alkanet Root cut and well bruised, put into Cider, gives it a Glorious Color, besides making it a Cordial. But their Tincture made very deep with Brandy, being added, advances the Cider in its Glorious appearance, and withal strengthens it beyond expectation.

145. Cinamon takes away, and dissolves all superfluous Humours of the Body, and fortifieth the Members. There is a Distilled Water made of Cinamon, strong in Smell and Taste, and of great Virtue, and is thus made.

146. Cinamon Water to make: Take a pound of Cinamon that has not lost its Scent or Taste, bruise it, and put it into a Vessel with four pounds of Rose water, and half a pint of White-wine; set your Vessel, being very close stop'd, in warm Water, and then make your Distillation in the same Water, being placed on a Furnace where the Fire is maintained, in such

man-

manner that the Water may continue boiling.

147. * **Cinnamon-Water** after a most easie way, without Distillation: Take Spirit of Wine three Pints; bruised Cinnamon four Ounces; infuse them together for a Week in a large Glass close stop'd, shaking the Glass twice a day: Then take Damask Rose-water a quart, dissolve therein white Sugar-Candy a pound; mix both these Liquors together, and hang therein Musk eight or ten grains in fine Powder, tied up in a Rag.

This Distilled Water is Sovereign against all Diseases proceeding from cold Causes, for it dissolveth and consumeth Phlegm, removes Windiness and clammy Humours, and comforts the Stomach, Liver, Spleen, Brain and Sinews: It is an admirable Cordial against faintness or fainting Fits, comforting and cheering the Heart: It resists Poison, or the biting of Venomous Beasts, provokes Urine, and the Terms, and proves helpful to those that are short Winded, or are Sick of the Palsy.

148. **Citron**: The Juice of it represses Cholera, (and if made into a Syrup with fine Sugar) is very good against the Plague and Pestilential Fevers. The Meat or Pulp, is of a gross and phlegmatick Substance, the Kernel bitter and loosening.

149. **Citrons**: a Syrup, Take Citrons as many as you think convenient, pare and slice them very thin, then put them into a Silver Bason with Layings of fine Sugar, till it be near full; the day following pour off the Liquor into a Glass, with a Glass Funnel, strain it through a fine Strainer, clarify it on a soft

Fire, and it will keep a twelve Month. This is excellent in hot Distempers, especially mixed with Juleps and Cordials.

150. **Claret-Water** for the Stomach: Take Cinnamon four Ounces, Cloves, Ginger, Mace, Galangal, and Cardamoms in Powder, of each half a Dram. Of red Roses, 2 Ounces, macerate them in the Cold, in two quarts of Brandy, and a pint and a half of D. R. W. six Hours; being put into a Matraiss very close stopped, filter it, and in the filtering dissolve two pound of Loaf-Sugar, and so the Water is perfect.

This is very pleasing in Taste, and exceedingly fortifies the Stomach and Vitals, dissipates Windiness, and creates a good Appetite; you may take it from three Drams to an Ounce.

151. **Cloves**. They help Digestion, stay the Flux of the Belly, and are binding; they clear the sight, and the Powder of them consumes, and takes away the Web or Film in the Eye, as also Clouds and Spots. Being beaten to Powder, and Drank with Wine, or the Juice of Quinces, they stay Vomitting, restore Lost Appetite, Fortifie the Stomach and Head, gently warm an over-cold Liver; and for this reason, they are given with success to such as have the Dropsie: The smell of the Oil of them is good against Fainting Fits and Swoonings; the Cloves being chewed, they sweeten the Breath, and fasten the Teeth; the Powder of them in white Wine, is given for the Falling-Sickness, or Palsie; the Distilled Water of Cloves is good against Surfeits and pestilential Diseases;

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receiving the Smock of the Cloves into the Nostrils whilst they are burning on a Chaffing-Dish of Coals, open the Pores of the Head.

152. Clove Powers. If Oil of Cloves two Drams, is dissolved in Rectified Spirit of Wine four Ounces, you have one of the greatest Stomachicks in the World. It is good against Vomiting, Sickness at Heart, griping in the Bowels and Stomach, the Cholick, and creates a good Appetite, and prevails against all cold Diseases of the Head, Brain, Nerves and Womb, as Apoplexies, Epilepsies, Lethargies, Vertigo's, Head-achs, Megrims, Convulsions, Palsies; loss of the use of Limbs, dimness of Sight, Faintings, and Swoonings, Vapours, Fits of the Mother, Slipperiness of the Womb, and other Weaknesses of that part: The Dose is one small Spoonful in the Morning fasting, and as much last at Night going to Bed, in a Glass of generous Wine or Ale.

153. Cock-Ale: Stone four pound of Raisons of the Sun washed and well dried; take two young Cocks, truss them, boil in Water, and put them into four Gallons of Ale, with the Raisons: Take Nutmegs and Mace, of each an Ounce, Dates half a pound, infuse these in a quart of Canary twenty four Hours, and put them to the Ale: When the Cocks are boild almost to a Jelly, strain and press out the Liquor, put it into a Cask, and put about half a pint of new Ale-yeast to it, let it work a day, and the next day you may broach it; but three or four days is better. If this prove too strong, as no doubt it will to some Palates, mingle it as you please with some plain Ale in the drawing, or by put-

ting two Gallons of it into a Firkin of plain Ale. It is excellent to strengthen and restore decayed Nature, and is drank with success in a Consumption.

154. * Cock Ale another way. Take four pounds of Raisons of the Sun stoned and bruised: take also a young Cock, draw and truss it, parboil it, and strip off the Skin; beat it in a Mortar till all the Bones are broken; put to it two quarts of Canary, in which let it lye all Night, to which, put the next Morning, eight Gallons of Ale, when it has almost done Working, together with the Raisons, Dates Stoned and cut in bits, 4 or 6 Ounces; Nutmegs thin sliced, Cloves slit and bruised, Mace, of each half an Ounce; mix altogether, and stop it up for 7 Days; and then draw it out into Bottles, putting a Lump of Loaf Sugar into each Bottle, and in eight or ten days time, you may begin to drink it. It will keep very good a Month, after you have begun to drink it, and in Winter time longer. It nourishes, restores in Consumptions, expels Wind, warms and strengthens the Stomach, causes a good Appetite, and Digestion, and restores such as are affected with any Weakness. You may drink half a pint or more of it in the Morning fasting; as much just after Dinner; and the like quantity after Supper.

155. Cock Water. Take two fleshy, large, and well grown Cocks, cut and beat them in a Mortar, Bones and all; which done, put the beaten Flesh into a Copper body, well Tin'd within, and add thereto Limon-Thyme, Savory, Spear Mint, Sweet-Marjoram, Peniroyal, Tausie, Worm-wood,

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wood, Rosemary Flowers, of each two handfuls; Cinamon, Cloves, Nutmegs, Pepper white and long, all bruised each one Ounce; Winters Cinamon, Jamaica Pepper, both bruised, of each four Ounces; Milk, Muscadell, choice Brandy, of each a Gallon mix them well together; digest them a Month in the Still in a Blood warm Balneo Mariæ, the Junctures being well luted; which done, in Balneo Mariæ, draw off the Water to dryness, so have you a most famous thing for all sorts of Weaknesses, Faintings and Consumptions But before the Distillation, you may put into the Receiver a pound and half, or two pound of treble Refin'd Sugar in fine Pouder, six grains of Ambergrise, and twelve grains of Musk in fine Pouder, and tied up in a Rag, upon which let the Distilled Liquor fall. Dose, two or three Spoonfuls in the Morning fasting, half an hour before Dinner, and as much last at Night going to Bed.

156. **Codlin Cream.** Scald the Codlins till they are pretty soft, peel them, and scrape off the Pulp from the Core, strain the Pulp, put to it Sugar dissolved in Rosewater, and then mingle these with Cream; adding, if you find occasion, more Sugar.

157. **Codlin Tart.** Scald the Codlins and peel them, cut them in halves, and take out the Core, lay them in your Tart with very fine Sugar, a few small bits of Cinamon, and a little Rose-water, if you boil your Rose-water with Sugar to a Syrup, it will be the better.

158. **Cods Head** to dress, First let your Water boil, with a bunch of sweet Herbs; then put in the Head, half a pint of Vin-

egar, and a handful of Salt. When it is boiled, let it drain a quarter of an hour over a Chaffing dish of coals; make the Sauce with half a pint of white Wine, a pint of Oysters, and a little of the Liquor, two Anchovies, two Shallots, one or two Blades of Mace, a little Nutmeg grated, a little Limon sliced, bruised Pepper; let it stand half an Hour over a Chaffing dish of Coals; then put in a pound of Sweet Butter, make it thick, and pour it all over the Fish, garnish your Dish with Limons, Oysters, Barberries, Fenel, and small Fish fried.

159. * **Cods-Head** another way. Take a large Cods-head with the Neck cut large; season well the Pickle you boil it in; put in a good handful of Salt, crackt Pepper, all Spice, a little Limon Peel, some Bay Leaves, an Onion quartered, a pint of white Port Wine, and Water enough to cover it: When these are well-boiled together, put in your Cods head, and let it be well boiled; take it up, put it in a Dish over a Stove, to draw the Water from it, and having your Sauce ready, Garnish it with scrap't Horse Radish, and sliced Limon.

160. * **Coffee, its Virtues.** It is brought from Arabia, and the Liquor made of it, is drunk generally thro' all the Grand Senior's Dominions, as also in the Dominions of the Sophia of Persia, in the Mogul's Territories called the East Indies, and in many parts of China. We will give you the Virtues thereof, from Doctor Lovel's Herbal,

Herbal, pag. 97. of the Second Edition, Printed 1665. It is of a drying Quality, dries up the Crudities of the Stomach, and comforts the Brain. It helps in Consumptions, prevails against Lethargies, Rickets in Children, and Swooning in Men or Woman. It strengthens the Eye's sight, and does it good, even by its Steem: It prevents Dropsies, Gouts, and the Scurvy, and helps such as are Hypochondriacal, and troubled with the Spleen, Wind, Vapors, &c. All which it is good against, without any Perturbation of the Body, or any of the inward Parts. The Turks drink it to help against the Crudities of their Stomachs, Chillness of the Bowels, by drinking much Water, and eating much Fruit, which are in a great measure causes of such Illnesses. He says, it is cold and dry; but I rather think, that it is temperate, or hot in the first degree, and dry in the beginning of the second. The Drink or Liquor made of it, tho' drank very hot, neither heats nor inflames, more than Posset-Drink. It closes the mouth of the Stomach, and helps Digestion, and so may be taken in the Morning fasting, and at 3 or 4 in the Afternoon; and if you so please, at 8 or 9 at Night. It enlivenes and supports the Spirits, quickens the Senses, and makes the Heart Lightsome and Chearful. It is good against Coughs and Colds, suppresses Fumes rising up into the Head; eases the Head-ach, stops Catarrhs or De fluxions of Rheum, and is good against the Obstructions of the Lungs. It is better than any other drying Drink for Old People, and also for Children, which may have many Humors Breaking out, running Sores, Kings-Evil, &c. It prevents Abortion, or Miscarriage in Women with Child, and is profitable against Drowsiness, hindering Sleep for 3 or 4 Hours to-

gether, or more. It is good and profitable against the Stone, and cleanses, or makes a White and Fine Skin. It is neither Laxative nor Binding the Body, but is only alterative in its Qualities: Thus Dr. Robert Lovel.

161. * Coffee its Defence.

Now as to all this Author has said, I am fully satisfied that it is all Truth, and yet it is not all the Virtues nor good Effects that may be said of it. But I shall endeavour to obviate one Objection, which is Universally in a manner, raised against it; which is, That it causes the Palsie, or a Trembling and Shaking of the Limbs, and is an Enemy to the Nerves. This is truly nothing but the Vintners Fable, devised by them against the Use of Coffee, because it so much hurts their Trade, for that many hundreds of thousands of Matters and Things, are now Transacted in a Coffee-House, or over a Dish of Coffee, which would otherwise be done in a Tavern, to the great prejudice of the Wine Office. It is a Fable raised only from the Root of Interest, and none but Ignorants and Fools will believe it. That the drinking of Wine has caused a Trembling and Shaking in the Hands, Head, Lips, and other parts; and made Paralytick, so that they could scarcely with both Hands, carry a Cup to their Mouths, there are almost innumerable Witnesses of; and that it has given such extraordinary Tremblings, and Shakings of the Limbs, and made Paralytick many Thousands, and Ten Thousands of Persons devoted to it, is so Publickly known, that it needs no Dispute or Proof, and yet all this while, there is no Scandal upon Wine: Whereas I never saw

saw nor heard of, nor yet any that I know, have seen, or known, any *Coffee Drinker*, tho' the most extravagant, attract with any of those Deplorable Maladies, and yet *Coffee* lyes under all the Disadvantages of that Scandal. But this is certainly in the Breasts and Brains only of *Fools*, and *Unthinking Persons*, who always judge from Common and Popular Fame and Clamor, but are not able to judge from the Cause to the Effect. I would be satisfied to see but One Person, whom Drinking of *Coffee* has made *Paralytick*, or given a *Shaking or Trembling of the Hands* to? but I am sure that is impossible: But could that be done, as 'tis not One Swallow makes a Summer, so that *Paralytick*, might have his Disease from some other Previous Causes, not yet observed by himself or any other. And to tell me that some particular Persons, upon the Drinking a Dish or two of *Coffee*, have immediately had such a *Shaking or Trembling of their Hands*, is saying of nothing; because almost Millions of others drinking it at the same time, and many of them who have drank it extravagantly, and admirably strong too, for 10, 20, 30, yea 40 Years together, know no such Effect by it, but directly the contrary, and say that it has preserv'd them in Health and Strength, from their first drinking of it till then; so that we must believe some other Cause or Matter excited such an immediate *Shaking and Trembling*, and not the *Coffee*; or else, that the *Coffee* such Persons drank, was certainly *Bewitcht*, or rather that the *Devil* was in it. That *Coffee* is not an Intelligent Substance, I am sure

of, and then how in 3 or 4, or it may be 5 or 6 particular Persons which should chance to drink it, its Power or Effects, should be directed so presently from the Stomach to the Hands, is not possible by me to be apprehended, unless the *Devil himself* was in it, or that it was *Bewitch'd*, and so directed to those particular parts, by some little insinuating Imps of the Infernal Crew. But to let all this pass, there is no reason to be given for the Tale of a Tub, when the Bottom is out. In almost all the Nations of the East, viz. through all the Turkish Dominions, and the Persian Empire, the Mogul's Country, or the East Indies, and in many parts of China, viz. in about One Hundred and Twenty Nations and Peoples, it is their daily, and (except Water,) their only Drink, and yet the Name of the *Palsie*, &c. is not known amongst them; how then can *Coffee* be the cause of *Palsies*? I my self was affected with a *Dead Palsie*, at about Eleven Years of Age, wherein, the whole Right Side of my Body was seemingly Dead, from the Crown of the Head to the Sole of my Foot, and so I continued for about six Weeks; but by some Medical Preparations my Father gave me, I was seemingly Cured of it, not to be so affected with it ever after; tho' upon any taking of Cold; or drinking of much Wine, my whole Right Side would be affected with a kind of *Dead Numbness* for 24 Hours or more, &c. which upon taking *Antiparalyticks*, and the Colds going off, would go away again, and I should be perfectly restored to my former Health and Strength.

This State, and these returns of this dangerous *Paralysis*, continued with me, till I begun to drink Strong *Coffee* at home, at my own Houſe, which I have done, now (1789.) for more then ten Years; drinking it for the moſt part twice a day, viz. Morning and Evening; and ſometimes thrice a Day, and that Liberally, and yet have had no Recidivation or falling again into that Diſeaſe; but on the contrary, I can ſpeak it with all Truth, that I am now at the writing of this, ſo far from any Symptom of a *Paralysis*, or *Palsie*, that I am confident, I have at this preſent, double the Strength of Body I had ten years ago; which I think, amounts even to a Demonſtration, *That Coffee no ways induces a Palsie, or any Paralytick Symptoms, but on the contrary, ſtrengthens the whole Body.* And this Truth is alſo apparent from the Reaſon of the thing. 'Tis certain that *Coffee* is one of the greateſt Stomaticks in the World, ſoft, drying, and free from any Corroſive, acid, or ſharp Particles, and a great Friend to the *Viſcera*, or Bowels in all reſpects; and a true Sweetner of the Blood, *Lympha*, and other Juices of the Body, and withal Diuretick. Now theſe things being ſo, it is manifeſt that theſe Qualities of *Coffee* are Diametrically oppoſite to the *Palsie*, and all the Cauſes inducing it, or Symptoms ariſing from the ſame, that it is a true Friend to the Nerves, and Nervous and Muſcular parts, and an Enemy to all ſuch Cauſes as may any ways hurt them. And whatſoever is Stomachical, or a Friend to the Stomach, muſt be a Friend to the Head, and ſeeing the Coats

of the Stomach, and Inteſtines are Nervous, it follows, that being agreeable to thoſe parts, it muſt be a Friend to the Nerves in General, and therefore to the Head and Brain, and the Nerves and Branches of Nerves thence proceeding. And as it is Hot, drying and Alcalious, or a Sweetner of the Blood and Juices, ſo it muſt be a Warmer and Comforter of the Nervous parts, and a Reſolver of *Coagulums*, and that it muſt neceſſarily be an Enemy to Cold and Mouſture, and the Congelation of the Juices and Humors of the Body, which are the Principal Cauſes of *Palsies*; beſides, as it is Diuretick, ſo it carries off thoſe Cold, Moiſt, Tartarons, Congelative and Paralytick Humors by Urine. I think I have now ſaid enough in the Defence of *Coffee*, which had no need of this as its Second, ſince its own Innocency, and moſt excellent Qualities and Virtues, were Armor of Proof enough to oppoſe all its Adverſaries, how Gigantick and Powerful ſoever: Yet it was neceſſary to be ſaid, with reſpect to ſuch whoſe narrow Capacities, and weak Judgments, were not ſufficient to oppoſe Popular Clamour.

162. * *Coffee Liquor* or Drink, how many ſorts. We ſhall conſider the making of this Liquor in a Twofold reſpect, viz. 1. In reſpect to its Weakneſs or Strength, which we ſhall conſider in this Section. 2. In reſpect to the Modes, or Manners and ways of making, of which we ſhall treat in the next Section. *Coffee* is made, 1^{ſt} weak. 2. mean, 3. ſtrong. 1. *Weak Coffee* has but a ſmall allowance of Pouder, and that is only an ounce of good Pouder

Powder to a quart of Water, or half an ounce to a pint, and in this Proportion it is generally made at the *Coffee Houses*. There are some House-keepers make it thus weak, out of pretence that their Stomachs will not bear it any stronger; but I rather believe that it is out of a covetous Mind their Pockets will not allow it. This I must confess can do but little good to the Body, because as it has no Strength to nourish and strengthen the Ventricle and Bowels, so it is displeasing at least to the Palate, and lies heavy and cold upon the Stomach, rather hurting than helping the Appetite and Digestion.

163. * II. *Mean Coffee*, or that which is in a Medium between Weak and Strong. And in making this they allow an ounce and half, and some two ounces to a quart of Water, or 3 quarters of an ounce to a pint, or an ounce at most. This is much better than the former; but unless it be an ounce to a pint of Water, it cannot be grateful to the Palate and Stomach, especially to such as are accustomed to drink *Strong Coffee*: However, it is much better than the Weak; but as much as it is better than the Weak, it is just so much worse than the Strong.

164. * III. *Strong Coffee*. This if well made, is admirable. The Proportion is 3 Ounces of Powder to a quart of Water, or an ounce and half to a Pint. This is truly grateful both to Palate and Stomach, and wonderfully fortifies or strengthens it, and all the Nervous Parts throughout the whole Body, from Head to Foot: It adds or gives Spirits

to the Body upon any sinking of the Spirits, Faintness, Weakness or Weariness of both Mind and Body, and that above and beyond whatever the best Wine can do, adding as it were Life and Strength to the whole Man. It is doubtless very good against Consumptions, and all manner of Weaknesses in the human Body, prevails against Vapours, Hysterick Paroxysms; and Hypochondriack Melancholy, and that in both Sexes; is good against all Congelations of Blood and Humours, as also all cold and moist Diseases afflicting the Head, Brain, Nerves, Nervous Parts, and even the whole Body; so that of necessity it must be a potent Resister of Palsies, whether of the whole Body, or of its Parts, all sorts of Shakings, Tremblings, Numbedness, and other Weaknesses of the Stomach, Intestines, and other Bowels, Head, Brain, Nerves, Muscles, Limbs, and extremities; yea, and the preternatural Disorders of the whole Body, because of its warming, drying, soft and sweetning Properties, which are all opposite to the Palsie, and all Paralytick Distempers and Weaknesses; and so for the same reason it is an Enemy, and prevails also against the Scurvy, Dropsy, Jaundice, and Gout, and all manner of Rheumatick Pains and Illnesses in what part of the Body soever, it (by being assiduously and long used) absorbing all Acidities in the whole Body, and destroying their Congelative Powers by which those Diseases are chiefly promoted and created, and by its diuretick Property, carrying off all those heterogeneous and morbid Humours, Causes and Particles

ticles by Urine, after a very singular manner. It may be that I have said here a great deal in Commendation and Praise of this *Strong Coffee*, but I can truly say, that I have said nothing but what I know my self, and in my own Person to be Truth, and have had confirmed from manifold and daily Experiences for a great many Years, to my exceeding Satisfaction. I was also cured about 10 Years since of a Rheumatick Pain in my Shoulder, which was so vehement, that (besides the perpetual Pain) I could not so much as lift my Arm or Hand up to my Head, nor put it behind my Back, which continued with me for near two years together, in which I received no Benefit, by a long application of Vesicatories, nor continual use of Opiates. This vehement Rheumatism I was perfectly cured of, by drinking a full quart of *Strong Coffee* at a time, and continuing of it for some days together, and have been so well and free from it ever since, that to this day I have not had the least return of it. The like Relation I have had from two other Persons, particular Patients of mine, who by their own Discourse, were much more grievously afflicted with it than I was, who by an extravagant drinking (to use their own Words) of *Strong Coffee*, were perfectly cured and freed from their deplorable Lameness, after manifold Applications and use of many other things both External and Internal, had for some Years past been tryed in vain.

164. * *Coffee Liquor, or Drink, how to make.* There are 3 several ways of making of *Coffee*, which

you ought to know, that you may make a true Estimate, and be able to chuse that way which is best, viz. 1. *The Old Way.* 2. *The new or better way.* 3. *The way by Infusion, or best way;* of which in Order. I. *The Old Way.* Take Running or River Water, boil it, and then put into it the quantity of *Coffee* you design; which boil only so long, till the *Coffee* is fallen down, which will be in about 2 minutes of Time. It ought to be *Running or River Water*, because it makes the *Coffee* more smooth and pleasant; whereas *Well Water*, or what is hard and will not bear Soap, is nothing near so good, for that it makes the *Coffee* Styptick as it were, and unpleasant.

165. * II. *The New, or Better Way.* Take River Water, into which before you boil it, put in the *Coffee* you design cold; mix them well together; and putting them over the Fire, let them warm, heat, and scald together, and at length boil (taking heed that the *Coffee* boils not over) let it boil so long till the *Coffee* is boiled down very well; then taking it off, let it well settle, and so drink it, either without or with Sugar (double refined) as every one likes best. The *Coffee* being drank, the same quantity of Water you intend to make your next *Coffee* of, is to be put upon these Grounds, and made to boil upon them; after which you pour off the clear, and washing out and casting away those Grounds, you put your new *Coffee* into the Pot, upon which you put the second Draught poured off from your former *Coffee* Grounds, and putting them over the Fire, they warm,

warm, heat, and grow scalding hot gradually, and at length boil, till the *Coffee* is boiled down as before; and thus thro' the Year, you never use any more simple fair Water, but always the second boiled draught, cleared off from the *Coffee* Grounds. Now, why the *Coffee* is put into the Liquor cold, and after it is boiled, is from a very good Reason, because the Liquor has some considerable time allowed it to extract the Virtues and Goodness of the *Coffee*, viz. all the time it is a warming, heating and scalding, and all the time it is boiling too, which is very considerable, at least 6 or 7 times the length of time it has to do that work in, when it is put in, when the Water boils; which, to boil down, seldom comes to more than one minute, seldom or never to two minutes, which is an inconsiderable time for the Liquor to extract the goodness of the *Coffee* in.

166 * III. *The making Coffee by infusion, which is the best Way.* When you have drank your *Coffee* off, pour the quantity of Water you intend to make your next *Coffee* of upon that Grounds, and let them boil together; after which take the Pot off the Fire, and let it settle for a quarter of an hour, (not more) then decant that clear Liquor, or second draught, washing and casting away the remaining Grounds; immediately put into the Pot the *Coffee* Pouders you intend next to make use of, and upon it pour the former scalding hot Liquor, but just now decanted off, and let them stand together in Infusion till the next time you make

and drink *Coffee*; at what time put the Pot with what is in it over the Fire, letting them leisurely warm, heat and become scalding hot, and at length boil; which let boil so long till all the *Coffee* is well boiled down; Then being settled, you may drink it scalding hot, as before. After this manner you may make your *Coffee* of the Liquor of the Grounds, by a previous Infusion from Morning to Night, and from Night to Morning, or from drinking to drinking thro' the whole Year: That this is the best way, is manifest from the *Coffee* it self when made, which, as it is much more pleasant to the Palate and Stomach, so it seems to be of double Strength to that which is made the former Ways, and will be as strong as if you had doubled the quantity of your *Coffee*. The true Reason and Cause of this is from the Principles of the Concoct. In some things the Virtue and Goodness is only to be gotten out by boiling, all the Infusions for never so long a time will do nothing. Again in other things, their Virtues and Goodness is gotten out by Infusion only; boiling will do nothing for those things, if you boil them you spoil them. Again, some things having a complicate Property (as *Coffee*) their Virtues and Goodness are to be extracted by both Ways, viz. by both Infusion and Boiling. It is manifest by daily Experience, if *Coffee* be but a very little too much boil'd (one minute or little more is enough) it is spoil'd, and grows either flat or lowre: But an Infusion of it for 10 or 12 hours, yea for 24 hours, makes

The Liquor not only pleasanter but of double or tripple Strength, tho' it has but one minute boiling, viz. so much as to boil it down, that it may be clear. When you have read all this, and well considered it, you are left to your own choice; in which, if Reason guides you, I doubt not but you will embrace the last way, which is, *by a previous Infusion of your Coffee in the Second Draught of the Grounds, as is before declared.*

167. * **Cocao Nut**: *Nux Cao*, of which *Chocolat* is made. It grows in the *West-Indies*, where they call it *Cacavate*. There are several kinds of the Nut, distinguished by the Provinces or Places where it grows. The best Nuts are the *Caracca* Nuts; those which grow in *Martineco*, and other Islands, are nothing near so good, but have a bitter Taste with them. We will give you their Virtues from Dr. Lovel's Herbal. They are cold and dry, and so should be Restraining, and so Obstructive; but they have different parts; and so likewise they partecipe of heat and moisture: That if they be well Ground and mixed, their Restringency and Obstructiveness will be corrected. Without doubt, they are Balsamick and Healing, and therefore good against Coughs, Colds, Wheezings, Phthisicks and Consumptions; strengthen weak Bodies, and cause such as use them much for Food, to grow Bulky, Fat, and in good Liking.

168. * **Chocolat Paste**, how it is made. Having chosen your Nuts, you must Roast them, in a proper Vessel not too much, lest you spoil them, but so that all their Shells or Hulls being broken, may easily fall off; which

being separated from the Substance of the Nut, with all the rest of the Recrements or Filth, it is to be broken or bruised, and then to be laid upon a Polished Porphyrine Stone, not perfectly flat, but a little hollow'd, which being heat very hot, is to be laid at a little distance over Live Charcoal, or other Embers, on which with a hot Iron Rowler, it is to be rowled upon, till the whole Substance of the Nuts, (which is exceeding Oily, if the Nuts be good,) is reduced to an impalpable Pap, which while it is hot, is to be either dropt upon Paper, if you desire to make little round flat Cakes; or otherwise into square Cakes in shallow Tin Moulds. which may hold Cakes of 2, 4, or 8 Ounces apiece; in which Moulds it is to lye till it is cold and hard, and then you may turn them out, Paper them up, and keep them for use. This is to be done either purely with the Nut alone, or otherwise you may Work into it an equal Weight of Double Refined Sugar in very fine Powder; and so accordingly it is called, *Chocolat without Sugar*, Or, *Chocolat with Sugar*. Some will Work it up with Perfumes, some with Spices in fine Powder, some with both, and some with none of them; in respect of which, you may do what likes you best; but that *Chocolat* is now most like'd, which is made up of the Nut, simply without any addition.

169. * **Chocolat Potable**, or made fit for Drinking. It is three-fold, 1. That made with Water alone. 2. That made with Milk. 3. That made with a Mixture of Water and Wine, of all which in order. I. *Water Chocolat* is thus made,

made. If you will make it good, it is thus to be done. Take running or pure clear River Water, a Pint; Chocolet Paste made with Sugar a quarter of a pound, pure fine Flower or white Starch, a dram, or half a quarter of an Ounce; Brandy two Ounces, and a little Salt; mix, dissolve, and boil to a Consistency, which will be in about 10 Minutes time. If you make it of Chocolet Past, made without Sugar, the Proportions are Water a Pint, Chocolet Paste, Double Refined Sugar, choice Brandy, of each two Ounces; pure fine Flower, or White Starch, a Dram, or half a quarter of an Ounce, Salt a little; mix, dissolve, and boil; in about 10 or 12 Minutes 'twill be done.

170. * II. *Milk Chocolet.* Take Milk a Pint, Sugar Chocolet Paste, a quarter of a pound, fine Flower or white Starch a Dram, or half quarter of an Ounce, a little Salt, mix, dissolve and boil, and in about 12 Minutes it will be done. If you make it with Chocolet Paste without Sugar, the Proportion is Chocolet, double Refined Sugar, of each two Ounces, &c. as before.

171. * III. *Wine Chocolet.* Take Water 3 quarters of a Pint, choice Red Port, or rather choice Sherry, half a pint; Sugar Chocolet a quarter of a pound, or something better; fine Flower, or white Starch, a quarter of an Ounce, and a little Salt; mix, dissolve and boil, and in about 12 Minutes it will be done. But if you make it with Chocolet without Sugar, the proportion to the former Water and Wine, will be of Chocolet, two Ounces and a quarter, Double Refined Sugar three Ounces, fine

Flower or white Starch, a quarter of an Ounce, &c. as before.

172. * *Observations on the making of these Compositions.* 1. That the Proportions here set down and limited, make strong and very good Chocolet. 2. That the Minutes limited for the making, is according to the goodness of the Fire; a slower or less Fire, will make it require a longer time. 3. That the best Chocolet Paste, viz. that which is made of the *Caracca Nuts*, makes the best Chocolet, viz. of a pleasant, sweet and milky Taste; whereas the *Martineco*, or other worse Nuts, being bitter, make it much inferior. 4. That adding a little Salt to it, very much heightens its excellent relish. 5. That some add to these Proportions, Yolks of Eggs, viz. 1 or 2, whereby it is made more Nutritive; this addition may do with strong Stomachs, but weak Stomachs will not bear it, for it will always lye heavy there. 6. That if it is made of Chocolet well Ground or Wrought, there will be no occasion for Milling of it, for its Substance will keep up, well enough mixt with the Water. 7. That because a great deal of Chocolet is not sufficiently wrought, but being made, will separate and precipitate from the Water, therefore that the quantity of fine Flower or white Starch is added, which being dissolved and boild up with it, intimately mixes therewith, and thickens the Water, which causes its perfect Union with the Chocolet: The proportion of Flower here set down will do, but some Chocolet will require a greater quantity, according as the Paste is indifferently well or worse

worser made. 8. The Brandy being added to the Water Chocolet, cannot be tasted by the nicest Palates, yet it certainly very much heightens the fine Relish of the Chocolet when made. 9. That many, at time of Drinking the Milk Chocolet, will add to the whole quantity a good Glass of Canary. 10. That some in making the Milk Chocolet, add an equal quantity of Water, thinking thereby, to make it lye easier or lighter at Stomach; so that in making this Proportion, there is Milk and Water, of each half a Pint. 11. That in Boiling, it will be apt to run over, when, by taking of it for half a Minute off the Fire, it will fall down; then putting it on the Fire, it will rise again: This rising and falling of the Chocolet, ought to be repeated 4 or 5 times, always well stirring it when you take it off the Fire with a long Spoon, so will it be well mixed. 12. That to some sweet Palates, the proportion of Sugar here set down, is not enough; for such, if you know their Minds before hand, you ought to put in a little more in the making; but otherwise, if it is already made, they may add it according to their own liking, at the drinking.

173. * *Chocolet Potable*, its Virtues from Dr. Lovel. In the Second Edition of his Herbal, page 66. he gives you these Virtues. Being taken alone, or relented with Milk, it excites to Venery and Procreation, and helps Conception, facilitates Delivery, preserves Health, and causes a Plumpness and Fatness of Body. It helps Digestion, is good against Consumptions, Obstructions of the Lungs, the Flux and Gripping

of the Guts, and other Fluxes. It prevails against the Green Sicknes, Jaundice, and all manner of Inflammations, (made without Wine,) and Obstructions of the Viscera, or Bowels. It is good against Morphem, cleanses the Teeth sweetens the Breath, provokes Urine, cures the Strangury, gives ease in the Stone, expels Poison, and preserves from all Infectious Diseases: Thus Lovel. It is without doubt a true Nourisher, strengthner, and restorer of the Body in Consumptions, causing a Cheerful and Healthful Countenance, and a Vigorous Habit of Body. If made with Wine, Eggs, &c. it provokes Lust much, increases Seed, and adds to the Vigour of Procreation; however, it much Comforts and Strengthens weak, crazy, and infirm People.

174. * *Cæliack Passion*. It is an Intestine Disaffection, or kind of *Diarrhæa*, or Flux of the Belly, wherein the Ailments either wholly changed, or only in part pass by Stool, without any Chylification; and it is twofold, viz. 1. That in which the Meat or Food is only digested in the Stomach. 2. That, when the Concoction or Fermentation is performed both in the Stomach and Intestines at once: But by reason the Lacteal Vessels, or little Teats, or Glandules of the Guts, are obliterated thro' long Fasting, or a Purulent Flux, or *Diarrhæa*, or Dysentery, the Chylus is not distributed to all the respective parts of the Body.

175. * *Cohobate*, and *Cohobation*. They are Terms in Chymistry, and signifie a repeating of the Distillation of the same Liquor, pouring it again upon the *Caput Mortuum*, *Fæces*, or former

mer Matter it was distilled from; its use is, 1. More effectually to extract the Virtues of things. 2. To open several hard and condens'd Bodies. 3. To Volatilize and exalt Spirits to the highest degree.

176. * **Colcothar.** It may signify three things, viz. 1. The Rosin, or remaining Body of Turpentine, after its Spirit is drawn from it. 2. The *Caput Mortuum* of Vitriol, which remains after the Distillation of its Flegm, Spirit and Oil, being a very dry, red, Styptick Substance. 3. The Body of Vitriol calcin'd a good while in a strong Fire till it turns red.

177. * **Colon Intestinum.** It is the second of the great Guts, arising from the *Intestinum Cecum*, beginning where the *Ileum* ends, in the Cavity of the *Os Ileum*, in the Right Flank, and passes by the Right Kidney; thence it tends up under the Liver, and sometimes is annexed to the Gall Bladder, which dyes it of a yellowish Clay Colour: Thence it goes on transversely, under the bottom of the Stomach, and on the Left Hand is fasten'd to the Spleen; after which it passes to the Left Kidney, winding and turning very obliquely there; but afterwards it descends almost in a right line: It is the widest and largest of all the Guts, and usually about 8 or 9 Hands long, ending at the upper end of the *Os Sacrum*, and so is joined to the beginning of the *Rectum*.

178. * **Conglobate Glands.** There are Kernels in an Animal Body, which are smooth in their Surface, and seem to be made up of one continued Substance. They serve to separate the *Lympha* from

the Arterious Blood, and to return it by the *Lymphaducts*, either into the Chyliferous or Sanguiferous Vessels; tho' some think, the Glands of the Mesentery, and the Breasts of Women which give Suck, serve to separate to the true Chyle.

179. * **Conglomerate Glands.** They are such as are uneven in their Surface, and made up as it were of many lesser Glands. Their use in the Body is to separate several sorts of Juices from the Blood, and also to elaborate and alter them; and by proper Ducts to convey them to their appropriate Receptacles and Cavities. Thus the *Parotides* and *Maxillary Glands* separate, and bring the *Saliva* or Spittle into the Mouth by their proper Ducts.

180. * **Cold** being taken, a Medicine for it. Roast two good Turnips in Embers, as you roast a Warden, when they are soft, squeeze out the Juice between two Trenchers; take as much Juice of Lemons as of the Turnips, mix them together; take thrice the weight of the Juice in brown Sugar-Candy beaten fine, put it into the Juice, and set it over the Fire; let it boil three or four boils, then put it into a glass: It is to be taken one spoonful in the Morning fasting, another at four a Clock in the Afternoon, and one at Night the last thing that is taken.

181. * **Cold Vehement**, an extraordinary thing. Take Syrrup of Corn Poppies 2 ounces, Poppy Water an ounce, Tincture of Cloves 40 drops; mix for 2 Doses, to be given upon Extremity. Or this, An Infusion of bruised Poppy Heads in Brandy, or a choice Sugar Spirit, for a Month, shaking the Bottle every day, is an
incom-

incomparable Remedy, 2 or 3 Spoonfuls of it being given in Extremity, mix'd with Parsly Water. Or our Pulvis Arifas made into a Bolus, with a small quantity of Mithridate, and given. To Children from 3 Years old to 10, you may give one Grain, or Grain and half; from 10 to 15 years of Age, you may give 2 or 3 Grains, and from 15 to 60 Years old and upwards, you may give from 3 Grains to 9 or 10, or 12, if need requires, always beginning with the smallest Dose, and gradually encreasing it. Or, Take our Gutta Vite from 15 to 50 Drops (according to Age and Extremity of the Disease.) Muld Canary a quarter of a pine, more or less; mix them for a Dose, to be repeated once every day. The Colick is a vehement pain in the Abdomen, or Belly, and takes its Name from the Part chiefly affected, viz. the Gut Colon, which is either vastly extended by Wind, or prick'd or corroded by sharp Humours, either contained within its Cavity, or envolved in its Coats or Tunicles; and sometimes it is from sharp Humours in the Mesentery, or small sharp pointed longish Crystalline Stones bred within it, which I once saw in a Dissection, or from the Stone, Gravel, or Tartarous Matter in them, any of which may cause this vehement Pain; but it may be difficult to discern from which of these Causes it may arise; therefore general Anodyns, or well corrected Narcoticks, mix'd with Carminatives and strong Nephriticks, compounded together, ought to be given, and sometimes Absorbents.

181. *Colick: Take four drops of the Spirit of Salt, in four Spoonfuls of Canary, so drink it. Or,*

take a new-lay'd Egg, and put out all the Meat, then take out the Film very clean, then dry the Shell very well against the Fire, beat it very small and sift it, and drink a quantity of it in white Wine. Probat.

183. *Colick and Stone: Drink of the distilled Water of Parsley, in white Wine, or good Ale. A Decoction - Garlick, 3 large Heads (their Skins being pull'd off) boiled in 3 pints of Milk and Water (half Milk, half Water) to a quart, and drunk hot, the whole quantity in one Day, is an excellent thing; so also 30 or 40 Drops of our Gutta Vite, taken in a Glass of Canary, at Bed time.*

And nothing inferiour is the distilled Water of Hydropiper, or biting Arsmart being constantly drunk as ordinary Liquor. So also the Water distilled from Onions, Leeks and Garlick; but in the time of the Fit, apply this Cataplasme. Take Parsley, four or five handfuls, cut it, and boil it in half a pound of fresh Butter till it is almost crisp; then put it into a Linnen-bag, or tie up all in a Cloth, and apply it to the Perineum, or Space between the Cods and the Anus, as hot as can be endured, keeping it there for the space of three, four, or five hours, and repeating it if need be; this takes away the Pain to admiration, and in several Patients (after several Years vexation therewith) this Remedy having been used, the Distemper has returned no more.

* *A strong Decoction of Parsley in fair Water, but especially of Parsley-Roots bruised, or of Roots and Leaves together, strained, and mix'd with white Wine, is a famous thing in this Case; so also the Juice of Parsley taken to 4 ounces at a time, Morning, Noon and Night, mix'd with a Glass*

Glass of white Port Wine: Also the Pouder of Winter-Cherries, given from 15 Grains to half a Dram, or two Scruples in a Glass of the said White Port; and not inferiour to any of them, is our Panacea Balsamina, given a gut, 20 ad 30, or more, first dropt into Sugar and then swallowed in a Glass of White Port, or Parsley Water in the Morning fasting; and taking every Night, at Bed time 25, 30, 35, or 40 drops of my Impetus Maris, in a Glass of the same Wine, mull'd with an equal quantity of Parsly Water.

184. * **Conbussions and Falling Sickness.** Take Pouder of a dead Man's Skull (never buried) Pouder of Male Peony Roots, of E. lecampane, of each one ounce: Pouder of Misselto of the Oak, of native Cinnabar ground impalpable, of each two ounces; mix and keep it for use. Dose to Children from a Scruple to 2 Scruples; and to such as are grown up, from 2 Scruples to a Dram and half in a Glas of Black Cherie Juice (it in the Season) otherwise in Black Cherry Water, or strong Black Cherry Brandy; I mean that which is very strong of the Cherries, looking as deep, and almost as thick as Syrup: Or it may be given in Languis his Antepileptick Water.

185. * **Cordial Water.** Take of the best Brandy (whether from Wine or Sugar it matters not) 3 Gallons, Spirit of Saffron a Gallon, Spirit drawn from Cinamon, Cloves, Nutmegs, Mace; thin Parings of Limon and Orange Peel, (in equal quantities) 2 quarts, Juice of Black Cherries 6 quarts; Juice of Alkermes one quart, Syrup made of double refined Sugar and Damask Rose-water, (only by melting a sufficient quantity of Sugar in it, viz. 2 Pounds of Sugar to every

pint of the Water; and not at all boiling it, or letting it so much as simmer:) So much of this Syrup I say, as may make the whole Compositum sweet enough and palatable: Mix all well together, and keep it for use. After it has stood 14 Days, decant the clear from the Faeces (for there will be some) and upon that bottom put a quart more of choice Brandy, shake them well together, and let it stand till it is fine; then decant it, and put it to the former, now casting away the bottom. This Cordial is so good, that it needs no Commendation, 3 or 4, or half a dozen Spoonfuls of it taken at a time, upon any Fainting, Weakness, Sickness at Stomach, or other like Disorders, is an excellent thing; for it cheers the Heart, revives the Spirits, restores in Consumptions, and strengthens universally the whole Human Body.

186. * **Colly-Flowers, White Cabbage, &c.** to pickle. Take the whitest and closest Flowers, cut them about 4 Inches long from the Stalks; boil them in a Cloth with half Milk half Water, but not to be tender: Take them out carefully, and let them be cold. Take White Wine Vinegar, what you think fit, Cloves, Mace, Nutmegs, Pepper, all only bruised, with a few Bay-Leaves; which boil all together. When the Pickle is cold, put into it your Colly-flowers, and in three days they will be fit to eat. The same way you may pickle white Cabbage-Stalks, young Turnips, Mushrooms, &c.

187. * **Comfits of Aniseed, Carratways, Coriander,** to make. Having a Brass Pan tind over, made of a good depth, and with Ears,

Ears to hang over a Chafing-Dish of Coals, with a Ladle, and Slice of the same Metal Tinn'd over also: Take the best Double Refin'd Sugar in fine Pouder, two pounds of which Sugar, put to each quarter of a pound of your Seeds cleansed from any Filth, Straws, Stalks, &c. and well dried. Melt your Sugar in this order; put into the Pan, three Pounds of Sugar, adding a pint of D. R. W. or Spring Water, stirring it till it is moistned, and suffering it to boil; then from your Ladle, let the Sugar, or rather Syrup, drop upon the Seeds, continually moving or shaking the Bason in which they are; between every Coat, rub and dry them as well as may be. And when they have taken up your quantity, and by motion, or shaking up and down, are rouled into Form, dry them in an Oven, or before the Fire, and they will be hard and white.

188. * **Confections to Perfume.** Take Musk in very Subtil Pouder, Oil of Nutmegs, of each equal weight; mix them well together, and infuse and digest them in D. R. W. with which you may gently sprinkle your Banqueting matters; so will their Scent, or Odour and Smell, be as grateful and pleasing to the Nose, as their Taste will be to the Palate.

189. * **Collar'd Brest of Veal.** Take a large fat Brest of Veal, Bone it, Season it with a little of all sorts of Spice, a little Salt, a little Limon Peel shred extremely small, 2 or 3 Sprigs of Thyme, and as much Savory, minc'd also small; mix all these, and strew the mixture over the Veal, putting in the middle also

the Sweet Breads; rowl it up very hard, and tye it strongly with whited brown Tape, and so Bake it.

190. * *Another way to do the same.* Take a large Brest of Veal, Bone it, and take out all the Grissles. Take Sage, Thyme, Savory, Marjoram, Chives, Limon Peel, shred them very small, and mix them with a fit quantity of Salt, Pepper in fine Ponder, Nutmegs grated, and three hard Eggs chopt small, which mix all together. Your Veal being cut so as it may lye flat and even, Bone five Anchovies, and slice thin four Ounces of Fat Bacon. Lay the Anchovies and Bacon up and down the Meat; strew over it, your Herbs and Seasoning; and upon that, some minced Beef Suet, and Marrow mixt together, and rowl it up hard, and tye it firmly with course whited Tape, cutting it into three Collars. Tye them severally in clean Cloths, and very tight at each end, then put them into this following Pickle. Boil the Veal Bone bruised in a mixture of half Milk half Water, with a Bunch of Sweet Herbs, Cloves, Mace, Nutmegs, bruised Pepper, Salt, and a few Bay Leaves: When they are all boiled well, that the Goodness is out, take out the Bones, and put in your 3 Collars, letting them boil tender, then take them out, tye them up hard in clean Cloths, hang them up till they are cold: Skin the Fat off from the Pickle when cold, and so put them into it; of which you may eat at pleasure, with Oil and Vinegar, beaten up thick together: As you find need, you may boil the Pickle over again, and so it will keep the better.

191. **Col-**

191. **Collar-Beef.** Take a thin Brisket of Beef, bone it, and lay it in Pickle thus: Take eight quarts of Spring-water, a quart of Bay-Salt, half a pound of Salt-Petre; put the Salt and Salt-Petre in the Water, let it boil half an Hour, and when it is nigh boiling, scum it well; when the Pickle is cold, put it to the Beef, and let it lye eight days in Summer, and ten days in Winter; then take out the Beef, and dry it well with a Cloth; take half an Ounce of *Jamaica*-Pepper, Cloves and Mace, of each a quarter of an Ounce; rub them very well in the middle of your Beef, roll it up hard, and bind it tite with course whited Tape; bake it with a pint of Claret, and two quarts of Water: It must be baked with Bread five hours, turn it every day in the Pickle; if the Pickle is Bloody, you must boil it over again. See also B 35. *foregoing.*

192. * **Collar'd Beef, made of the Brisket, Flank, Fore Ribs, Rands, or Surloyn, &c.** Take a Flank of Beef, taking out the Gristles and Sinewy parts: Put it into as much Pickle as will cover it, adding to it a handful of Salt Petre: Infuse three days without shifting it; after which, take it out, hang it a draining in the Air, wipe it dry; have a good Handful of red Sage, tops of Rosemary, Savory, Thyme and Marjoram, which mince or shred small, to which add Cloves, Mace, Nutmegs, Ginger, of each in fine Ponder a quarter of an Ounce; a little Salt, Pepper, and Salt Petre, of each in fine Ponder, half an Ounce. All these being mixed together, your Beef being laid flat and even, strew those Mix-

tures all over it; rowl it up close, bind it fast with whited course Tape; put it into an Earthen Pot, to which add Red Port Wine, a Pint or Quart, more or less, with an Onion or two quartered, and two or three Cloves of Garlick. Close it up, or cover it with a piece of course Paste, and Bake it in a Bakers Oven, letting it soak 4 or 5 Hours.

193. * **Collar'd Brest of Mutton.** Take a large Brest of Mutton, take off its red Skin, Bone it and Gristle it. Take Cloves, Mace, Nutmegs in fine Ponder, a quarter of an Ounce; Pepper in ponder a quarter and half; Thyme, Savory, Chives, a little Limon Peel, all shred small; 3 hard Yolks of Eggs chopt small; Salt a sufficient quantity; grated Bread enough to embody all the former things. Your Mutton lying flat and smooth, Bone 5 or 6 Anchovies, splitting them each into 4 pieces, which lay up and down the Meat. Over which, strew the former Seasoning, rowl it up like a Collar, bind it hard and fast, with whited course Tape, and Bake, Boil, or Roast it. Cut the Brest into four pieces, lay it in a Dish with strong Gravy Sauce with Anchovies dissolved in it, fried Oysters, and forced Meat-Balls; Garnish with sliced Limon and Barberries, and serve it up as a *Side-Dish*. *Buras* a *Standing Dish*, serve it with Cutlets in the Bottom, Asparagus, Colly-Flowers, Cabbage, or what is in Season, with White and Black Puddings, Forc'd Meat Balls, &c.

194. * **Collar'd Celery.** The Eccles being perfectly cleansed, and

and freed from Skin, and Bones also, season them with Salt, Pepper, Nutmegs, Limon Peel, and sweet Herbs. Rowl them up hard, and tye them fast with whired course Tape. Having Pickle ready made, put in the Bones of your Eels with some Cider, a little Salt, Pepper, a few Bay Leaves, and a Bunch of Sweet Herbs, in which boil them, but not much; take them up, tye them again closer, and hang them up to be cold. When the Liquor is cold, skim off the Fat, and put the Collars into it: Boil up the Pickle now and then, as need requires. And eat of these Collar'd Eels, with Oil and Vinegar, or Juice of Limons, or Lime Juice, beat up together, and what Pickles you please.

195. * **Collar'd Pig.** Take a fat Pig, cut off its Head, Chine it down the Back, Bone it and Gristle it; lay it in Spring Water for one Night; the next Morning dry it in a Cloth, cut each side asunder, Season it with Salt, bruised Pepper, Nutmeg sliced, a little beaten Mace, and some small quantity of shred Sage, Limon Peel, and sweet Herbs. Rowl them up hard in a Cloth, and boil in Sowse-drink, with Milk, Water and Bran; strain out the Bran, skim off all the Fat, and when cold, put the Collars in again.

196. * **Conserbes for Carts** of any Fruit, which will keep all the Year. Peel off the Rind of the Fruit you intend, take out the Stones or Cores, put them into a Pot, and Bake them with a small quantity of Water and Sugar; then strain them thro' a strong Cheese Cloth, add to them Cinamon, Mace, Nutmegs, of each

a like quantity in fine Pouder, a sufficient quantity, and a due proportion of double refined Sugar in fine Pouder; boil them on a gentle Fire till they become as thick as Gelly, which put up into Glasses or Pots, covering them close, so will they have their proper Taste all the Year.

197. * **Conserbes of Flowers,** as *Complis, Carnations, Peonies, Primroses, Red Roses, Violets &c.* Take your Flowers full Blown, and in their Perfection, beat them to a perfect Pulp, in a Stone or Wooden Mortar; which done, add to them three times their weight of double refined Sugar; and putting all into a Pipkin, or Brass or Copper Sauce Pan, Tinn'd within; so thoroughly heat them over the Fire, as to melt the Sugar; then put up the Mass in Gally Pots for use.

198. * **Conserbe of Strawberryes.** First boil in fair Water and strain them; boil the Pulp in White Wine and Sugar, as much as may make it stiff, so as to Cut with a Knife; then put it up in Jar Glasses or Gally Pots for use. And in the same manner, you may Conserve any sort of Fruit: There is not much difference between making this and making Fruit Passe.

199. **Completion to Preserbe.** Take white and yellow Saunders, Lignum Aloes, Lignum Rhodium, all in fine Pouder, of each an Ounce; Camphire made into Pouder with a few drops of Spirit of Wine, two Drams; choice English Saffron a Scruple; choice Indian Lake two Drams; fine Bole Armoniack three Drams; Vinegar a sufficient quantity; mix, and make it up into little Balls. It is not only of an excellent Scent, but a little of it being dissol-

ned in Milk-Water, Hungarian Water, or fair Water, it gives a very good Complexion, and preserves Beauty.

200. Confection to cause Sweat. Take good Mithridate two Ounces; Salt of Tartar, Salt of Harthorn, of each half a Dram; Camphire, Powder of Cloves, Powder of Vipers, of each a Scruple, mix them. Of this, take to the quantity of two Halse-Nuts in Carduus, or Sorrel-water, first dissolving it well; and keep close and warm in Bed, and you may continue Sweating three or four Hours, if the Distemper be violent; or a less while, as occasion requires: For want of this Confection, if any sudden Cause requires Sweating, you may take a Dram of Mithridate in Carduus Treacle, or Sorrel-Water, and keep your self warm for some Hours afterwards, lest the Pores by this means opening suddenly, suck in the cold Air, and do more harm than good. It is also good against the Plague, or Pestilence, Spotted Fever, and all sorts of Malign or Pestilential Fevers, Measles, Small Pox, &c. being given as before directed.

201. Confection to help the Sight. Take Eyebright and Fennel, of each a Dram, Cardamoms and Mace, of each a Dram and a half; Seeds of Rue and Celandine, of each a quarter of an Ounce; Rosemary an Ounce; Anniseed, Lignum Aloes and Carraways, of each half an Ounce; make of these finely beaten, a Confection with Honey or Sugar. This is called the Oculists Confection, and is very strengthening to the Eyes and Brain; it restores decayed Sight. Take three or four Drams in five or six Spoonfuls of Wine.

202. Conserve of Citron Flowers: Take their weight or more in white Sugar, dissolve it in Rose water, set it over a gentle Fire, and boil it to the consistence of a Syrup; then put in the Flowers, and boil it up to a height, and mash them to a Conserve.

203. Consolidative Plaster. Take Sheeps Suet eight Ounces, Oil Olive 12 Ounces; Wax, Turpentine, of each four Ounces; Frankincense three Ounces and a half; fat Myrrh, Resin, Mastich, Olibanum, Aloes, all in fine Powder, of each three Ounces, Gum Elemi, Balsam Capivi, of each two Ounces; Camphire, Saccharum Saturni, of each one Ounce; mix over a gentle Fire, to the consistence of an Emplaster.

This is excellent for Plagiet Sores, or any such Poisonous or Infectious swelling. It gives ease in Cramps, old Aches, or Pains; Gouts, Rheumatisms, Palsies, Convulsions; digests, cleanses, and heals old running Sores, putrid Ulcers, Fistula's, &c. being carefully and diligently applied.

204. Consumption a Broth for it. Take two good well Flest Pullets, brnise them in a Mortar, and make a strong Gelly of them by long-boiling, adding the Juice of two or three Limons, and the Crumbs of two penny Manchets; strain out hard by pressing, and make it pleasant with treble Refin'd Sugar. Dose half a Pint of it Blood warm, or oftner, if the Patient pleases, with two Spoonfuls of Canary or Cinamon Water added to it.

205. Consumption a Mixture. Take of the former Gelly a Quart; Cream made of pearled or ball'd Barley, three Pints; mix them, and make

make it pleasant with Syrup made of the Juice of Citrons, Limons or Quinces. This is an excellent thing for such as are in Hectick Fevers or Consumptions, accompanied with great Heat and Dryness. Take half a Pint of it first in the Morning fasting, then as much at ten in the Morning, the like at four in the Afternoon, and lastly, as much at Bed-time.

206. * Consumption Cured by Fox Glove. But the Specifick which transcends all the Medicines for a Consumption here mentioned, and many others besides, is the Herb Fox-Glove. A weak Decoction of the Herb in Water, or in Wine, or in half Water half Wine, may be drunk as ordinary Drink; and of the Juice of the Herb and Flowers, may be made a Rob, or Syrup with Honey, which being taken three Spoonfuls at a time, First, in the Morning fasting; Secondly, at ten in the Morning; Thirdly, at four in the Afternoon; and Lastly, at going to Bed, will restore (where the Patient is not past Cure) beyond all expectation. It cures a Phthisick or Ulcer of the Lungs, when all other Medicines have failed, and the Sick esteemed past Cure: But as it is a very strong Medicament, and Emetick withal, so it ought to be given with Discretion, not to transcend the Strength of the Patient, for then instead of doing Good, it may do hurt: And therefore the Syrup ought to be taken at first in a lesser Dose, and to be increased as you see Cause. It opens the Brest and Lungs, frees them from tough Flegm, and cleanses the Ulcer, and heals it, when all other Remedies act without Effect: I have known it do wonders, and speak here from a long Experience: Persons in deep Consumptions, and given over by all Physicians, have by the use of this Herb been strangely recovered,

and so perfectly, as to grow Fat again: I commend it as a Secret, and it ought to be kept as a Treasure: These few Lines concerning this matter alone, is worth ten times the Price of the whole Book, were there nothing else in it besides, that one had occasion to make use of. I am very confident of it, the deplorable wasted Patients, who have been in Long and Tedious Consumptions, Phthises, or Hecticks, if they make use of it, will give me Thanks for this Notice, whilst they may have reason enough to Curse the Memories of the Quacking Blood Suckers, who as they have drain'd them of a good part of their Estates, would by a continuance under their Hands (for all their specious Methods of Cure) have Fool'd them out of their Lives too. See Punch Orthodox.

207. Contagion of the Plague to expel. Take Rue, Wormwood, and Angelica tops, of each half a handful; Celandine, Carduus, of each a handful and a half; put them into a Glazed Earthen Pot, when bruised together with a Pint of strong White Wine Vinegar; stop the Pot close, then let it seeth in Balneo Mariæ, till the third part be consumed, and then strain it out, and keep it close stopp'd. Let the Party infected, drink two or three Ounces of it, and Sweat after it, without Sleeping, a considerable time, if it may possibly be prevented; it Fortifies the Heart, assisting Nature against Poisons, and Infectious Airs.

208. * Contagion what it is. It is the Infection of a Person with a Disease, either 1. By certain Effluvia or Steams, transmitted from another Sick Person, as in the Plague, Phthisis, Ophthalmia, &c. 2. Or by Contact or Touching, as the Lues Venerea by Coit-

on,

on, Mad Dogs by Biting, Itch, or Malign Leprosie by Touching. 3. Or by wearing, handling, or touching Sheets, Shifts, Gloves, &c. as in Itch, malign Leprosie, &c.

209. * **Continent Causes or Diseases.** A Continent Cause is that on which the Disease depends, and continues without remission in a manner, till the Disease ends; and those Diseases separated from such Causes, are called Continent Diseases. So *Febris Continens*, a Continent Fever, is such a Fever as continues in the state without any Intermission or Remission, till it ends either in Life or Death. A *Continual Fever*, is that which at certain times remits or abates, and afterwards comes on again in its former Vigour. An *Intermitting Fever* is an *Ague*; and this may be either *Quotidian*, *Tertian* or *Quartan*, either *Half*, *Single*, or *Double*. Again, a *Stone sticking in the Ureter*, is the Continent Cause of a *Strangury*, or *Stoppage of Urine*, which will continue in the same State, till the Stone is removed.

210. **Total to prepare.** Take such a quantity as you think convenient, make it into a fine Powder, by grinding it upon a Porphry or an Iron Mortar; drop on it by degrees, a little Rose water, and make it into Balls for use. After this manner, Crabs-Eyes, Pearl, Oyster-shells and Precious Stones are prepared, to make up Cordials Compounded of them, and other Materials, for the strengthening the Heart in Fevers, or such like violent Diseases, and to restore the Decays of Nature.

211. **Cordial Excellent.** Take two Ounces of dried Clove-Gilliflowers, and put them into a Pottle of

Canary; add three Ounces of fine Sugar, and half a Scruple of Ambergrise in Powder; put them into a Stone Bottle, and stop it close, often shaking it; and when it has stood 10 Days, then strain it through a Gelly-Bag; and putting it up for use, take two or three Spoonfuls of it at a time, and it will greatly strengthen the Heart, and restore Health again, &c.

212. **Cordial Cherry Water.** Take Nine Pound of Red or Black Cherries, Nine Pints of Claret, 3 pints of Brandy, two Ounces of Cinamon, three Nutmegs; bruise your Spice and stone your Cherries, and put them into the Wine, add to them a handful of Rosemary, a handful of Basil, half a handful of Sweet-Marjoram; digest them in an Earthen, or rather Glass Bottle, for a Month, shaking it every day; then let it settle, and decant the clear; When you have this done, add a little fine white Sugar to them, to make it sweet, strain it into another Glass, and stop it close that no Spirits get out, and so use it; you may if you please, hang a Bag of Musk and Ambergrise in it, and when you use it, mingle it with Syrup of Clovegilliflowers, or Syrup of Violets, as you see occasion. It is a most excellent Cordial for Fainting Fits in a Woman in Travel, or any one that is not well.

213. **Cordial Water from Schroder.** Take tops of Rosemary, Sweet-Marjoram, Sage, Bawm, of each one handful; Cinamon, Grains of Paradise, of each one Ounce; Mace, Galingal, of each two Ounces; Nutmegs Cloves, Ginger, of each half an Ounce; Juniper-Berries two Ounces;

Ounces; bluiſe the Spices and Seeds, and ſhred the Herbs ſmall; and in fuſe them all in three Quarts of Rheniſh Wine for a Month, then Diſtil it. This Water cures the Head ach, Megrim, Melancholy, Illneſs of the Stomach, Stinking-Breath; cauſes Fruitfulneſs, facilitates Delivery, ſtrengthens the Stomach; and is good againſt the Palſie and Apoplexy.

214. **Cordial Water.** Take a Gallon of Strawberries clean pick'd, put to them a Quart of Brandy, and let them ſtand four days, and then pour off what is Liquid, and ſtrain the reſt into it; ſweeten it with a little Sugar, and infuſe a Grain of Muſk or Ambergrife in it. This ſtrengthens the Heart and Stomach; halt a quarter of a Pint in a Morning, is a good Preſervative againſt ill Airs and Infection.

215. * **Cornachine Powder.** This is that which is called the *Earl of Warwick's Powder*; and it is a moſt excellent thing, and by Foreigners, called *Pulvis Cornachini*, and *Pulvis ex Tribus*. Take *Diagredium*, *Cremor Tartari*, *Antimonium Diaphoreticum*, of each equal parts in fine Powder, mix them. Doſe from a Scruple to two Scruples, and to a Dram in ſtrong Perſons. It is a famed Cure for the Scurvy, Dropſy, Jaundice, Gout, Rheumatism and Lameneſs, tho' of long ſtanding. Theſe Proportions are better. Take *Diagredium* 9 Ounces, *Cremor Tartari*, *Antimony Diaphoretick*, of each ſix Ounces, mix them.

216 * **Corroſives.** Thoſe things are called *Corroſives*, which have a power to Corrode, Eat, or Diſſolve another Body; ſuch as are *Corroſive Menſtrums*, or Liquors. And therefore *Corroſion*

in a Chymical Senſe, is a Diſſolution of Mixt Bodies by *Corroſive Menſtrums*, ſuch as *Aqua Fortis*, *Aqua Regis*, Spirit of Nitre, Oil of Vitrol, which have the Power of Gnawing, Corroding, or Diſſolving of Silver, Gold, Copper, Iron, &c. And theſe are called *Corroſive Medicines*, as *Cauteries* which will Burn or Corrupt the Parts they are applyed to, as *Quick Lime*, *Lapis Infernalis*, &c.

217. * **Cortical Part of the Brain.** It is the outward Subſtance thereof, full of Labyrinths and Meanders, on its outside: It is covered with a thin Skin, of an Aſh Gray Color, being as *Malpighius* ſays, only a heap of little Oval Glands, and full of little Veſſels. Inwardly, the Medullary Subſtance is next to it. Its uſe is, 1. To Generate Animal Spirits from the Blood, and hence they are conveyed by the medullary ſubſtance to the Nerves and ſo diſtributed through the whole Body. 2. To be the Seat of the Memory. And Sleep is placed there too, by many of the *ANATOMISTS*.

218. * **Corymbia, Corymbus,** or *Corymbe*, *Hedera*, *Climing Ivy*: It is often uſed outwardly, its Leaves are laid upon Iſſues, and for Pains in the Ears, proceeding from Matter contained within. The Ancients boiled the Leaves in Wine, and applyed them to Burns, and malignant Ulcers. Some who have been Afflicted with the Gout, have applyed the Green Leaves to the Pained Parts. A Dram of the Powder of the Berries taken at a time in Wine, is an excellent Sudorifick, and a remedy againſt the Plague: It eaſes Pains in the Stomach, provokes Urine, and expels Gravel.

Taken

Taken in Pennyroyal Water with a little Saffron, Morning and Evening for some days very hot, scarcely ever fails to move the Courses. The Berries purge upwards and downwards; The Distilled Oil of the Berries, provokes the Courses, expels Gravel and Stones, cures fordid Ulcers, and is good against cold Diseases of the Joints.

219. * *Coryza*, vel *Grabeo*. It is a Defluxion of a sharp, Salt, and thickned Humor, into the Mouth, Lungs and Nostrils, from the Ventricles of the Brain, by the *Olfactory*, or Smelling Nerves. For when it grows thick, it can neither be percolated by the Reins, nor pass from the *Glandula Pituitaria* through the *Infundibulum* into the Veins; and therefore Distills into the Nostrils by the aforesaid Nerves; which if it meets with an Accension of Sulphureous Particles, it produces a Fever, and consequently Thirst. Hence comes that *Coryza*, with or without a Fever.

220. * *Cosmeticks*. They are Beautifying Medicines, such as Soften, Smooth, Whiten, and Beautify the Skin; even all things which promote an external Beauty, or good appearance of the *Cutis*. Such as Wine Vinegar, Lime Juice, Juice of Limons, Spirits of Sulphur and Vitriol, Oil of Tartar per deliquium, *Saccharum Saturni*, Sulphur, Camphir, a Dissolution of Corrosive Sublimate, &c.

221. * *Cosmetick*: Water: Take fair Water two Quarts; *Saccharum Saturni*, Roch. Alam, of each one Ounce; mix, dissolve and filter. If the Countenance is yellow or tann'd with the Sun, Take fair Water two Quarts; Salt of Tartar half an

Ounce, mix them; dissolve, filter, and keep it for use, with which wash Morning and Evening.

222. *Cough*: Boil in two quarts of Posset-drink, a good handful of Moss that groweth upon Oaken Pales, and drink a good draught in the Morning, and take three spoonfuls of good Sallet-Oil after it: drink it Afternoon and at Night without Oil, taking sometimes at Night one of *Matthew's Pills* with it.

223. *Dr this*: Take Raisins of the Sun stoned, and Figs washed and sliced, of each a pound; wash Hyssop a handful, Elecampane dried and bruised, two ounces; Aniseeds bruised one ounce; boil all these in a gallon of small Ale, till half is consumed; then strain it, and put to it Honey and Sweet butter, of each four ounces; Sage dried and powder'd half a dram; boil them again gently till incorporated: Drink half a pint of this Liquor warm'd, both Morning and Night. This Proportion made twice, hath cured Coughs of long Continuance.

224. * *Coughs*: There is no Medicine in the World better than to take half a spoonful, or a full spoonful of our *Tinctura Mirabilis* every Morning fasting in a glass of fair Water sweetned with a little Honey; and at Night going to Bed from 30 to 60 drops, or more of our *Guttæ Vitæ*, or three or four grains of our *Specifick Laudanum*, and continuing the Use of these things for some days: If the Patient is apt to be Costive, and it is a Prejudice to him, then instead of the *Guttæ Vitæ*, or *Specifick Laudanum*, give only our *Cathartick Laudanum*, two or three small Pills about the bigness of White Peas at Bed time; they operate pleasantly, keep the Body solu-

ble, and give a Stool or two, the next day in the Afternoon.

225. **Cough and Dozeness in the Breast:** Take half a dram of Sperma Ceti, half an ounce of Oil of sweet Almonds, as much of Lucatella's Balsam as a Walnut, make it into Pills with Pouder of Liquorish.

226. **Cough with a Cold:** Take a quart of Milk, and make a Posset thereof with a pint of Ale; then strain it, and put two spoonfuls of beaten Aniseeds, two Pippins sliced with the Parings, and a stick of Licorice bruised, and a quarter of a pound of Raisins stoned: let it boil gently for half an hour; then strain it again, and drink a draught thereof warm, with a little piece of Fresh-butter in it: Take it two or three times a day.

227. **Cough or Cold:** Take three ounces of Elecampane, scrape off the Rind, and cut it into thin slices; boil it in three pints of Water till it comes to a quart; put therein a pound of fine Sugar, and let it simmer a little on the fire; take it off, and let it cool, and it will be a perfect Syrup; of which take three spoonfuls both Morning and Evening.

Or thus: Take Pouder of Elecampane-Roots, one ounce; treble refined Sugar two ounces in fine Pouder, mix them. Dose three drams Morning and Evening.

228. **Court-Gelly:** Take 3 or 4 Calves-feet, and lay them in Water all night; scald off the Hair, slit them, and take out the long Bones: Take a young Cock and dress it, after it has lain all night in Water; boil it and the Feet together in four pints of White-wine, and as much fair

Water, until they be enough: let it run thorough a Strainer into a Bason, letting it stand till it is cold; and with the point of a Knife take off the clearest from the Settlings, which put into a Pot with three quarters of a pound of fine Sugar, and two ounces of Cinamon-scraped, an ounce of Ginger, two slices of Nutmegs, and ten Cloves; boil them together; and while they are boiling, put in the Whites of six Eggs, and a Branch of Rosemary; strain it thorough a Gelly bagg. This greatly fortifies Nature, creates good and wholsom Blood, and restores decayed and Consumptive Bodies.

229. **Cowslip-Budding:** Take the Flowers of a Gallon of Cowslips, mince them small and beat them in a Mortar, put to them two handfuls of grated Naples Bisket, a pint and half of Cream, boil them a little on the Fire, take them off, and beat in eight Eggs with a little Cream, if it do not thicken, set it on the Fire till it does gently thicken a little, but take heed it don't curdle; then take it off, and season it with Sugar and Rose Water, let it stand till it be quite cold before you put it in the Dish; butter your Dish, and put in your Pudding: a little more than half an hour bakes it; strow Sugar on it, serve it up.

230. **Cowslip or Spinage-Budding:** Make it as you do other fine Puddings of Bread, putting in the Juice of Spinage to colour it; you must shred your Cowslips very fine instead of juice.

231. **Cowslip Wine:** Take three Gallons of Water, three pound of Sugar, boil them one hour and half, scum it very well; when

when it is boiled, take it off the Fire, and put in six quarts of pick'd Cowslips, and let it stand all Night; strain them out, and put in New-Ale-Yest, let it work well, then Tun it, and let it stand five days, then Bottle it.

232. * Cucumbers to Pickle in the likeness of Mangoes: Take large Cucumbers, but not too ripe, nor the Seeds grown hard, cut off about one Inch at the Stalk end, and with a Scoop take out the Seeds, and let the substance remain as thick as you can; make Brine of Pump-water, and Salt so strong as an Egg may swim therein, in which put your Cucumbers, and let them continue there 48 Hours, covered close, and take them out and dry them with a coarse Cloth, put as much Vinegar as will cover them, To one Gallon of Vinegar put half a pint of Mustard-seed half bruised, Salt according to your Palate, boil altogether for Pickle; into each Cucumber put two or three bits of Horse-Radish of the bigness of a Dye, six Cloves of Garlick and two Shallots, with two or three whole Corns of Jamaica-Pepper, then stop them in with the piece of Cucumber you cut off at the end; lay your Cucumbers smooth and handsome in the Vessel you pickle them in, and pour your Pickle boiling hot upon them, stopping or tying them up very close; boil your Pickle every other day for twelve days, pouring it boiling hot upon them, and afterwards once in three Weeks, boil and pour it in hot as before, and by keeping them stop'd close, they will hold good a Year.

233. Cucumbers to Pickle: Wipe them clean, and put them

in a Brine made of Water and Bay-Salt, strong enough to bear an Egg; let them lie therein twelve Hours; take them out and wipe them dry, put them into a Vessel, having first laid a lay of Dill, a little Mace, a little Ginger and long Pepper whole, then lay a lay of Cucumbers upon that, and so a lay of Dill, Ginger, Mace and Pepper, which continue till you have put in all your Cucumbers, boil your Vinegar, pour it boiling hot upon your Cucumbers, cover them close for two days, pour out the Vinegar and boil it again and scum it, and pour it upon them again boiling hot; do this three or four times, then put in a piece of Allom, stop it close to keep out the Air, and they will be as green as Grass, and very crisp. If you see Occasion, boil the Pickle once in three Weeks. 500 Cucumbers will require two Gallons and a half of Vinegar.

234. Cucumbers to Pickle: Take Cucumbers, and wipe them clean, put them into a Pot, strowing between every lay of Cucumbers, bruised Pepper, Cloves and large Mace. Take the best Wine-Vinegar, Salt, Cloves, Mace, bruised Pepper, a little Ginger sliced, a little Fennel, and a little Dill, boil them together and skim them, take it off the Fire, and pour it on your Cucumbers, laying them in very close: And when the Pickle is stale, boil it again, and pour it on them hot.

235. * Cucumbers or Cucumbers great, or small unripe
Dark Melons to Pickle: Cut a hole in their Sides the whole length: Take out their Seeds and cleanse them well; put in Cloves, Mace, bruised Pepper, bruised

Mustard-seed, with some Cloves of Garlick peeled, with a pretty many, peeled Shallots, and Ginger thin sliced, with a little Salt. Tye them up close and fast with Pack-thread, put them into as much Wine-Vinegar as will cover them, with a fit quantity of Salt, and a pint of Brandy or fine Sugar Spirit to every 3 quarts of Pickle; adding thereto bruised or broken Pepper, a few Bay-leaves, and a good quantity of made Mustard: let them infuse cold for nine Days; then set them to green over a gentle Fire, in a Brass Kettle Tinn'd within: Stove them down close, and let them have two or three boils; take them off the Fire, and let them stand to green; then set them on again, and repeat this till they are very green: After which take them out, boil up the Pickles and pour it over them, scalding hot: Cover your Pot, tye it down close with Leather; so may you eat them the next day, or you may keep them a whole Year.

236. * *Cucumbers to Pickle*: Being clear wash'd, put them into a Rundlet with one end, and head it up close. Make a Pickle of Water and Salt so strong as to bear an Egg, which scum well; put it into your Cucumbers boiling hot, and let it stand for 3 Weeks: then open the head of your Vessel, take out the Cucumbers, and put them into another Vessel; at whose bottom lay Dill, Fennel, *Jamaica-Pepper*, with a little Alom, which will make them crisp, and strew some of those things among them; head up your Vessel again, put in boiling Vinegar, and let them stand for a Week: If

they are not green enough, boil the Vinegar again, which put upon them hot, and so stop up the Vessel close.

237. * *Cucumbers to Pickle for present Eating*: Take Water, Vinegar and Salt; make a Pickle so strong as to bear an Egg, add to it Fennel and Dill Tops, with some Mace and bruised Pepper: boil it a while and take it off, let it stand till it is cold; your Cucumber being clean wash'd, put them into it; put a board over them to keep them down, and tye them close, and they will be fit to eat in a Weeks time.

238. * *COXA OS*, the Hip Bone, called also *Os Innominatum*, and *Ilium Coxendicis*, because it contains or encloses the great Gut *Ilium*. It is annexed to the sides of the *Os Sacrum*. In Infants it consists of three Bones, viz, *Ilium*, *Ischium*, and *Os Pubis*, which are joined together by Cartilages till 7 years of Age, then is distinguish'd by Lines only, growing in Adult Persons into one continued Bone.

239. * *Coxendix*: The same with *Coxa*; and the *Os Ischium* is the third and inferior of the *Os Innominata*, having a large Cavity called *Acetabulum Coxendicis*, which receives the Head of the Thigh Bone, the Circumference of which Cavity is tipt with a Cartilage called its *Supercilium*, where it joins the *Os Pubis*; it has a large hole, called *Foramen Ischii and Pubis*, about whose Circumference the Muscles, called *Obturator Externus & Internus*, do arise. At its lower end it has a Protuberance, on which we sit, and from whence the Benders of the Legs arise; and a little above this

this behind, it has a small acute Process, between which, and the former Proruberance, lies the *Sinus* of the *Isthium*, thro' which the *Tendon Oburator Internus* passes.

240. * *Cranium*: It is the *Compages* of the Bones of the Head, to which belong the Bones of the Forehead, of the sides of the Head, of the hinder part of the Head, of the Temples, the Bone called *Sphenoides*, and the *Os Cribriforme*, like a Sieve. It is like a *Keg*, an *Helmet* to the Head, which defends it from external Injuries, whose upper part is double, and is called *Calva*, or *Calvaria*, which is the upper hairy part and is the first, which, either thro' Diseases or Age, that grows bald.

241. *Cramp*: To make an Amulet for it, take the Roots of *Mechoacan*, beat them to a Powder, and fill with this Powder a little square Bag of *Sarsnet*. Let it be about three Inches square, and hang it by a string about your Neck, so low that it may reach the Pit of the Stomach. Wear it next the Skin: If it does good, 'tis well.

The Cramp whether in the Neck, Arms, Hands, Legs, Feet or any other part, is infallibly cured by bathing the Places afflicted every Morning and Evening with the Powers of *Amber*, and taking it inwardly, every Night going to Bed for 8 or 10 Nights together, about half a Spoonful at a time in a quarter or half a pint of *White Port Wine* or *Sack*.

242. *Cream of Lemons*: Take two large Lemons, pare off the yellow Rind as thin as you can, lay the Rind in Sleep all Night in a pint of *Spring-Water* cover'd, the next day squeeze into

it the Juice of the two Lemons, beat the Whites of four and the Yolk of one Egg, mix it with the Water and Lemon, sweeten it with double refined Sugar to your Taste, strain it and set it on a gentle Fire in a Silver Sauce-pan, keep it stirring all the while till it begins to be thick; then take it off, and put it into Glasses, and let it stand till it is cold.

Thus Orange Cream is also made, but only there must be four Yolks of Eggs and but one white, and if it is not of a perfect Orange Colour, you may, if you please, squeeze in a little Saffron.

243. Creams of *Raspberries*, *Cutrans*, *Cherries*, are made as the Lemon Cream, colouring the Water to the perfect colour of the Fruit. In the Winter you may make them of preserv'd Fruit or Gelly.

244. Cream of *Chocoler*: Make a Pint of thin *Chocoler*, with *Spring-water*, and let it be cold; beat the Yolks of three Eggs, mix it with the *Chocoler*, sweeten it with double refined Sugar, and strain it, set it on a gentle Fire, keep it stirring till it begins to be thick, then pour it into Glasses.

245. Cream of *Applcocks* or *Goosberries*: Take four Ounces of preserv'd *Applcocks* or *Goosberries*, with as much of the Gelly as belongs to them; take the Whites of four new-laid Eggs, taking out the Treads, put these into a large white *Bason*, and over a gentle heat, beat them with a broad pointed Knife, all one way till it rises up to a thick substance, that you may dish it out in heaps on *Salvers*, or put it in Glasses; if you find it not sweet enough in the beating,

add

add a little double refin'd Sugar.

You may also take four Ounces of double refin'd Sugar, with the Whites of four new-laid Eggs, colour'd with any other things for variety.

246. Cream Cheese : Take two Quarts of Milk warm from the Cow, Almonds blanch'd half a pound, beat the Almonds small; add a pint of Cream, and of Rose-water four Ounces; half a pound of fine Sugar, and a quarter of an ounce of beaten Cinamon; then put the Runnet to the Milk and Cream; and when it is curdled, press out the Whey; and serve it up in Cream.

247. Cream of Eggs : Take a quart of Cream, heat it, and beat up the Whites of five Eggs; keep them stirring; and when it's hot, add two or three Spoonfuls of Rose-water; as it begins to thicken, take it off, let it cool, and put in fine Sugar, and serve it up.

248. Cream-Poof : Take two quarts of Cream, sweeten it, set it over a gentle fire in an earthen Vessel; and when it boils take the Yolks of twelve Eggs well beaten, with three or four Spoonfuls of cold Cream; put them to the hot Cream, and keep it continually stirring till it is thick, but not to boil after the Eggs be in, and pour it on Sippets cut very thin, then pour over it some Syrup of Raspberries.

249. Cream Custard : Take a Penny White Loaf, pare off the Crust, and grate the Crumb very fine; mix it with a quart of sweet Cream and a piece of Butter, beat the Yolks of a dozen Eggs with Cream, adding Sugar to your taste; let it thicken over the Fire, make the Custards but

shallow; bake them in a gently heated Oven; and when bak'd, strew fine Sugar over them.

250. * Cream of Tartar. *Cremor Tartari.* It is White or Rhenish Wine Tartar, beaten into Powder, and boiled in a great deal of Water, that as much as can may be dissolved, then the Dissolution is pass'd hot through *Hippocrates's Sleeve*, and about half the Liquor being Boiled or Evaporated away, the remainder is set in a cold place, so will the Tartar, part of it shoot in Crystals, and some of it will swim on the top like Cream. This latter is properly *Cream of Tartar*, the former are *Crystals of Tartar*; but both of them are of the same and equal Qualities, Virtues and Use: Half an Ounce of either of them in fine Powder, given in the Morning with some warm Posset-Drink or Mutton Broth, will Purge very pleasantly, and very much cool the Body.

251. * Cremaster Musculus. It is twofold, and called *Suspensores Testiculorum*, or the *Hangers*. They grow outwardly to the Membrane of the *Vagina*; and proceed in Men from the Ligament, which is in the *Os Pubis*, or Share Bone, and are first connexed to the lower parts of the Testicles, to keep them from hanging too much down, and to raise them up in *Coitus*.

252. * Crisis. It is according to *Galen*, a swift and sudden change of any Disease, whereby the Sick is brought to Recovery or Death. And tho' it may sometimes signify a *Secretion* of Humors, yet it is more commonly taken for the *Times* and *Signs* by which

Judg.

Judgment may be passed upon any Disease. It is either 1. *Perfect*, which is that which frees the Sick perfectly from his Disease, and is either Healthful or Mortal. 2. *Or Imperfect*, which does not clearly determin the Event of the Disease, but leaves us in expectation of another *Crisis*. This *Imperfect Crisis* is either for the better, which does not quite remove the Disease, but makes the Patient better able to bear it. Or, it is for the worse, when the Disease becomes more Violent and Dangerous. See the Third Edition of my *Synopsis Medicina*, lib. 1. cap. 59, 60, 61, and 62.

253. * *Critical Days*, are those days in which a sudden change of the Disease does happen, and they are threefold, viz. *Intercidental*, *Indicative* and *Critical*. I. The *Intercident*, or *Intercidental*, are those days which fall between the *Indicative*, and the *Critical*, and only aim at an imperfect *Crisis*; and these are the third, fifth, ninth, thirteenth, sixteenth, nineteenth, and twenty third. II. The *Indices* or *Indicative*, are those which Indicate or foreshew that the *Crisis* will happen at its appointed Day, and these are the fourth, eleventh, seventeenth, and twenty fourth Days, which are when the Moon is in *Sextile*, to her place at the *Decumbiture*; and in *Sextile* from the place of her last *Crisis*. III. The *Critici*, or *Critical Days*, called also *Principes* or *Radicales*, are those Days in which there are all Signs of a *Perfect Crisis*, which are the seventh, fourteenth, twenty first, and twenty eighth Days from the *Decumbiture*, viz. When the Moon comes to her

first *Quartil*, *Opposition*, or second *Quartil* of her place at the *Decumbiture*, and her return to the same place again. Of which, see more at large in the Third Edit. of *Our Synopsis Medicinæ*, lib. 1. cap. 63, 64, 65.

254. * *Crocus*, *Saffron*. It is a Bulbous Plant, bearing a very yellow Flower, whose Flame color'd *Stamina*, are the *Saffron* sold in the Shops. It grows in the *Indies*, *Spain*, *Italy*, *France*, and *England*, but the *English* is the best in the World. It is *Cephalick* and *Cordial*, accuates the Senses, shakes off Sleep and Dullness, cheers the Heart, revives the Spirits, fortifies the Stomach and other *Viscera*, concocts crude Humors, opens Obstructions of the Lungs, recreates Consumptives, and strengthens the whole Man. It is used against Fainting and Swooning Fits, Jaundice, Apoplexies, Lethargies, Vertigo's, and the Plague or Pestilence, and other Malign and Contagious Diseases. Used with Oil of Sweet Almonds, it is good against an Asthma, and Stoppages of Urine; it provokes the Courses, and facilitates Delivery, is very effectual in the Cure of the Jaundice, and to drive out the Measles and Small Pox. It is given 1. In Poudre, in which half a Scruple, or ten Grains is the Dose. 2. In Tincture, being made by Infusing it from 10 Grains to 20 Grains, in choice Canary.

255. * *Crocus Martis Aperiens*. Opening *Crocus* of Iron or Steel. 1. Wash Iron Plates with Water, and expose them to the Dew till they are very rusty, this Rust is the *Crocus*, which being

being scraped off, the Plates are to be washed, and exposed as before, which repeat till you have enough. 2. Take Filings of Iron, (which are better for this Work than Steel) which expose in an Iron Kettle, or Earthen Pan, to the Rain, till they become all Rust, which dry, Pouder, and expose them again, repeating this Work 12 times.

3. Calcine Filings of Iron with an equal weight of Common Sulphur, which beat into fine Pouder and searse it. 4. Take a small Bar of Iron, heat it red hot, even to whiteness as it were, than hold it between two Rowls of Sulphur or Brimstone, and the Iron will melt and run down, which let fall into a Vessel of Water, which take out, dry and Pouder. 5. Dr. Willis mixes Filings of Steel or Iron with Tartar, of each a like weight, and with *Fumitory Water*, he makes a Paste, which he boils in an Earthen Vessel to dryness, reduces it to Subtil Pouder, and repeats the Operation the second and third times, and so reduces it to a very fine Pouder. 6. Take Filings of Steel, moisten them with Salt of Tartar dissolved in Parsly-Water, or fair Water, dry and beat it to Pouder, and repeat this Operation ten times, dry it in the warm Air, and reduce it to Subtil Pouder. Any of these may be given from half a Scruple to two Scruples, according to Age and other Accidents, in any convenient Vehicle, against Obstructions of the Stomach, Lungs, Liver, Spleen, Mesentery, *Pancreas*, Womb and Reins, and is good to cure the Rickets, shortness of Breath, Scurvy, Dropsy, Gout, Rheumatism, but chiefly

the Green Sickness in Virgins, being given Morning and Night for some time.

256. * *Crocus Martis Absringens*. The Binding Crocus of Iron or Steel. Wash the Filings 5 or 6 times in strong White Wine Vinegar, drying and washing; then Calcine 5 or 6 Hours over a strong Fire in a shallow Pan, or on a Tile, and so reduce them to a subtil Pouder. It stops all Fluxes of Blood both Internal and External, Bloody Flux, Spitting of Blood, &c. and is good against Agues. Dose from a Scruple to a Dram.

257. * *Crocus Jovis*. *Crocus of Tin*. Take an Ounce of Tin, and 3 Ounces of Quick-silver, and make an *Amalgama*, then Evaporate the Mercury, and the *Crocus of Jupiter* or Tin, will be left at bottom. It is a great Sudorifick, and may be given from 4 Grains to 12, in Mithridate, or other proper Vehicle. It prevails wonderfully against the French Pox, Gout, Rheumatism, Plague, Vapors, Suffocation of the Womb, inveterate Ulcers, Fistula's, Cancers, &c.

258. * *Crocus Metallorum*. called also *Hepar Antimonij*. It is a kind of Opaque Glass of Antimony. Take Antimony in fine Pouder, Salt Peter in Pouder, of each a like weight, mix them well in an Iron Mortar, which cover with a Tile. Drop in a small Coal of Fire, and a great Detonation will follow, which when over, strike the bottom of the Mortar hard upon the Ground, to make the matter fall to the bottom. The shining part is the *Crocus* or *Hepar*, which must be separated from the Dross; then washed and kept for use. It is both

both Cathartick and Emetick, good against pains of the Head from a foul Stomach, Epilepsies, Apoplexies, Pleurifies, Fevers, Melancholy, Plague; Coagulation of the Blood, Gouts, Rheumatisms, Colicks, the Kings-Evil, &c. Dose $\dot{a}$ gr. iiii. $\dot{a}$ viiij. or x. in strong Bodies, with Observations as in giving Vomits: With it is made the *Vinum Benedictum*, thus, Take Crocus Metallorum in fine Powder 4 Ounces, choice Canary 3 quarts, Mace half an Ounce, mix and digest cold. It is an exceeding good Vomit, and has all the former Virtues. Dose from half an Ounce to an Ounce, and in some strong rustick Persons to an Ounce and half.

259 * *Crudity*. In Diseases, as in Fevers, it is when the Blood is not duly Fermented, and brought to its right State. But *Crudity of the Stomach*, is when its Tone is hurt, or through Weakness or Coldness, it does not Concoct or Digest the Food, whereby not being converted into Chyle, or good Chyle, either no Nourishment, or that which is Bad is bred, and so the Body by degrees wasts, and at length falls into many Weaknesses, or a Consumption, and it its three-fold, viz. 1. *Apepsia*, when the Stomach has no Concoction. 2. *Bradypepsia*, a weak or slow Digestion, from the depraved disposition of the acid Ferment of the part. 3. *Dyspepsia*, an ill Digestion or Fermentation in Stomach and Guts, which converts the Nutriment into Acidity, making it smell even in the Breath.

260. * *Cruor*. It signifies *Sanguis* or Blood: But *Helmont* makes a distinction, and says that *Cruor* is the Venial Blood, or that

in the Veins. *Sanguis* is the Arterial Blood, or that in the Arteries.

261. * *Crusta Latra*; a kind of White Scab or Scurf, or Scald Head. It differs from *Achor*, (see it *Let. A. No. 14.*) in this, *Achor* infects only the Head; but this infects the Face also sometimes, and in Infants, sometimes the whole Body, at time of its first Sucking; this turns white, where, as *Achor* has other Colors.

262. * *CrySTALLINE Humour* of the Eye, called also *Glacialis*. It is the primary Instrument of Vision, in respect of its Collecting and receiving of the Rays, which coming hither dilated by the Watery Humour, are Collected and conveyed to the *Retina*. It is within the opening of the *Tunica Urea*, like a Glass put over a hole, which Collects and Refrings the Rays which strike upon it from all parts. Its substance is like Giew, or the Gum of a Cherry-Tree, very pellucid, and of a Consistence like melted Wax, which tho' it be pressed, does not yet easily yield and separate. In Men it is shaped like a Lintel, its outward Surface being pretty plain, but the inner Gibbous and Rising, it is, not apt to spread abroad, yet it is cloathed with a Membrane of its own called *Aranea*, by reason of its thinness like a Spiders Web.

263. * *CrySTALLIZATION*. In Chymistry, it is an Operation by which Salts of all kinds, dissolved in any Liquor, are made to shoot into little pretty CrySTALLINE substances of various Forms, which are called *CrySTALS*, from their being pellucid or transparent, or clear-like Crystal. To do this, gently Evaporate part of the Liquor,

quor, if too much in proportion to the Salt, for otherwise it will not Crystallize at all; nor if the Liquor is too little, will it Crystallize, but run all as it were into an irregular Lump. The Rule to know when enough of the Liquor is Evaporated, is when a little Skin begins to come on its top; then being taken off the Fire, and set in a cold place, the Crystals will shoot of their own accord.

264. * **Crystals of Luna, or Nitriol of Silver.** Dissolve Cupelated Filings of Silver in three times their weight of strong *Aqua Fortis*, or which is better, in good *Spirit of Nitre*. Evaporate the Solution in a Glass Cucurbit, over a Sand heat, till about a quarter of the Liquor is wasted: Let the remainder stand without stirring, and it will shoot into Crystals, which take out, and when dry, keep them in a Vial well stoppt. With these *Eschars* may be made, by touching any part with them. They are given inwardly against inveterate Headachs, Dropsies, Gouts, Rheumatisms, &c. from 2 Grains to six, made up into Pills with Crums of White Bread, they will purge gently, and in some Bodies, for several days together.

265. * **Cracknells for Breakfasts.** Take fine Sugar 2 Pounds, fine Flower 14 pounds; with them mix sweet Butter a pound and half, 20 Eggs beaten well together, White or Red Lisbon Wine, or Sherry, enough to make all into a Paste or Dough; adding these Spices, viz. Cinamon, Cloves, Ginger, Mace, Nutmegs, of each an ounce in fine Ponder; which work well into your Dough. Make the whole Mass into little

flattish round Goblets; which boil first till they swim; then taking them up, put them into cold Water for almost a quarter of an hour; take them forth and prick them, and bake them in a gentle Oven, or one not too hot.

266. * **Custards with Almonds:** Take 20 Yolks of Eggs well beaten, pure sweet Cream 2 quart, Almonds beaten very fine with *D. R. W.* Juice of Spinage a quarter of a pint, 2 Nutmegs grated, fine Sugar enough to sweeten it; mix altogether, and then put it into your prepared Puff Paste, and so with a gentle Oven bake it. If you boil it, it will make a very light kind of Pudding; but then a pound of choicest large Currants being added, it will be so much the better.

267. * **Custards otherwise:** Let your Crusts be ready made, and set before-hand in the Oven to harden, pricking them a little at bottom that they may not blister. Take New Milk, sweet Cream, of each two quarts; 16 or 20 Yolks of Eggs, and half their Whites, well beaten; 2 grated Nutmeg, and as much Mace in fine Ponder; double refined Sugar half a pound, Wheat Flower two spoonfuls, and half 2 pound of sweet Butter melted: Mix all very well together, with which fill your Crusts, and so bake them with a pretty hot Oven.

268. * **Custards another way.** Take Cream a quart, boil it with a Blade or two of Mace; taking the Mace out again, beat 10 or 12 Yolks of Eggs with half their Whites, beating in with them a spoonful or two of Canary, and as much Orange Flowers Water; mix

mix all together, and sweeten with double refined Sugar to your Taste; put it into your Custard Cups, and let it just boil up in the Oven.

269. * **Custards with Rice:** Take a quart of Cream boiled with a Blade or two of Mace, put to it boiled Rice; which beat well together, and stir them well all the while: Take it off when enough, sweeten it to your Taste, and mix with a little *D. R. W.* then put them into Crusts, or into little China Dishes.

270. * **Custard otherwise with Eggs.** Take two quarts of Cream boiled with 3 or 4 Blades of Mace, and some bits of Cinamon, and sliced Nutmegs, which afterwards take out; put to it 16 or 20 Yolks of Eggs, with half their Whites beaten well together, with a pound of double refined Sugar in fine Powder; mix all well together with a quarter of a pound of pure fine Rice Powder: Let it stand 6 hours, then put it into your hardned Crusts.

271. * **Curds Wild to make.** Take of the best Wild Curds made from New Milk Whey, force them thro' a Cheese Cloth, Canvase Strainer, or Hair Sieve; add double refined Sugar in Powder to the Taste, with a little *D. R. W.* then put it into China Dishes, or otherwise, as you please; it will not easily be discerned from Almond Butter.

272. * **Currant Cream to make.** Bruise old or full ripe Currants in boiled Cream, strain thro' a Hair Sieve; add Cinamon in Powder, and fine powdered Sugar to your liking, and so serve it up. In the same manner you may make Raspberry and Strawberry Creams.

273. * **Cutlers of a Neck of Vein of Mutton.** Hack the Stakes, and season them with Salt, Pepper, Nutmeg, Parsly, Savory and Thyme; chop them, and strew them over with grated Bread; wash them over with drawn Butter, and lay them on white Paper butter'd; and made up like to a Dripping Pan; broil them over Wood or Charcole Coals: For Sauce, take Gravy, White Port, or Sherry, two or three Anchovies, and a little Shred Limon Peel; boil them up together, stirring in a sufficient quantity of Butter, and put the Sauce over the Stakes in a proper Dish.

274. * **Crab fish to dress:** When they are boiled enough in Salt-water, take them up, and let them be cold. Pick out the Meat from their Bellies, great Claws and Tails: Their Claws and inward Parts (not the meat) beat in a Mortar with some of the Liquor they were boiled in; and to a quart of that Liquor add a quart of Cream, and a quart of Milk, with a Blade or two of Mace, Nutmeg cut into 8 Parts, with a Clove or two slit: Set all over the Fire, boil them well. Take a little Sorrel and Spinage beaten, and a large handful of Leeks cut pretty large; put them in with the Meat of the Crab-fish which you pickt out: Boil all together, (not so as to let your Herbs loose their Colour) Put in a Loaf of white Bread in the middle of the Dish, and thicken the Sauce with Yolks of Eggs, and a quarter of a Pound of fresh Butter, so as the Eggs not curdling, it may be of the consistency or thickness of Cream; which putting over all, serve it up.

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275. * *Cubeba, Cubebs*: They are an Aromatick Fruit, about the bigness of Pepper, each having one Foot Stalk. Their Taste is almost like Pepper, and grow in the same manner, clinging about the Tree, like Ivy. The Fruit hangs in Bunches, and is brought from the West-Indies: They are hot and dry in the third Degree, strengthen the Stomach, expel Wind and Flegm, cleanse the Brest or Thorax by carrying off glutinous Humours, open Obstructions of Spleen and Mesentery, cure cold and moist Diseases of the Womb, strengthen the Brain, and used either as a Masticatory or an Errhine; they draw cold Pituitous Humours from the Head. Their Infusion in Wine provokes to Venerie, heats the Genitals, and cleanses the Urinary Passages from Gravel or Tartarous Mucilage in the Reins and Bladder. Dose in Powder from a Scruple to 2 Scruples in any fit Vehicle.

276. * *Cuminum; Cuminum, Cumin*. The Seed is hot and dry in the end of the second Degree, resolving and Carminative, or discussing Winds, and therefore is good against the Colick, Tympany, Vertigo, Lethargy, &c. taken in Canary. It is good against heat of Urine, Coughs, Colds, and other like Diseases of the Thorax. The frequent use of it is said to make the Countenance look pale, and cures a stinking Breath. The Chymical Oil is good for all the Purposes aforesaid, as also to provoke the Courses, facilitate the Delivery of Women in Child-bed, cleanse the Womb, cause Fruitfulness, Vapours, Hysterick Fits, &c. Dose of the Powder of the Seed from a

Scruple to a Dram; of the Chymical Oil from 3 Drops to 10, dropt into Sugar, and so drank in Wine.

277. * *Curcuma: Turmericke*. It is a good Opener of Obstructions of the Stomach, Liver, Spleen, Gall and Mesentery; it gives Ease in Nephritick Pains, proceeding from Stone, Gravel, or Tartarous Mucilage in Reins or Bladder; it opens Obstructions of the Womb, provokes the Terms, facilitates Delivery of Women in Labour; but is said to be a Specifick in curing the Jaundice. In a word, this Root is accounted one of the best and greatest things for opening Obstructions of all the Bowels or inward Parts. There is the long and the round, but the round is strongest and best. It is hot and dry in the second Degree; it cures also Cachexies, Dropsies, Scurvy and Gout. Dose 1 dram in any convenient Vehicle.

278. *Curd Cakes*: Take a pound of Curds, four Yolks of Eggs, and two Whites, a little Flower to bind them together, Sugar, grated Nutmeg; mingle them, and bake them in Cakes, icing them over with Sugar dissolved in Rose-water, or drop them into a Frying-pan in hot Suet, as you like them best.

279. *Currant-Cream*. Take Red Currants, plump them up in warm Water; then mash them, and strain them through a Cloth with hard pressing, put to them Sugar, and a quart of new Cream, and serve it up.

280. *Currans or Goosberries, a Jelly*: Take the Fruit indifferently ripe, press out the Juice through a coarse Linnen-cloth; clarify it, and add to each quart

quart a pound of Sugar clarified and boiled up to a Candy height; then boil them together till a third part be consumed, and it will be a curious Gelly.

281. *Curran to Pickle:* Take Red or White Currans, being not thoroughly ripe, give them a walm in White-wine-Vinegar, with so much Sugar as will indifferently sweeten it; cover them over in this Liquor, and keep them always under it.

282. *Currant Wine:* Take three pound of Currans, one quart of Water; strain the Currans and Water together after they have lain sleeping three days, put to it one pound of Sugar; put it into a Vessel, and let it work, and when it has done working, stop it up; let it stand two Months, fine it off the Lees, add more Sugar if required; put it into the Tub again, let it stand a Month, then rack it off, and bottle it with some Sugar, and let it be kept six Weeks for use.

283. ** Custards in Crusts:* The Crusts being made beforehand, and hardned in the Oven, take Cream two quarts, set it on the Fire with some blades of broad Mace; when it is cold, take out the Mace, and take 12 Yolks with six Whites of Eggs, well beaten together; with two or three Spoonfulls of Orange Flower Water, and as much of D. R. W. fine Sugar two pounds; being mix'd well together, fill your Crusts therewith, and bake them in a gentle Oven.

284. ** Custards Green with Almonds.* Take Cream a quart, 18 or 20 Yolks of Eggs well beaten; Juice of Spinage, half a pint, or more; half a pound of Almonds beaten very fine, with

Juice of Spinage four or six Spoonfulls, one grated Nutmeg, double refined Sugar to sweeten it to your Palate: All being well mixed together, put them into your prepared Crusts, and bake them.

285. ** Currant Gelly.* Take Juice of full ripe Currants a quart, double refined Sugar boil'd up to a Candy height, a pound and half; Harts-horn Gelly, or Calves or Neats Foot Gelly made with White Wine, and clear as Crystall, a pint and half; mix all together, and boil a little gently, till it becomes a perfect Gelly of a good Consistence. And thus may the Gellies of Apples; Apricocks, Peaches; Cherries; Goosberries, Mulberries, Quinces, Rasberries, &c. be made.

286. ** Curd Cream.* Take choice Curds made of new Milk and good Rennet; free them perfectly from their Whey, add to them an equal quantity of the best sweet Cream, and a little Salt to season it; and with a strong Syrup of double refined Sugar and new Milk, sweeten it to your Palate, adding a little Orange-peel-water.

287. ** Custurd. Cassutha.* Dodder. It is said to participate much of the Nature of the Plant, it climes upon. So Dodder of Broom, of Danewort or Dwarf Elder, of Nettles, &c. is Diuretick, provokes Urine, and open the Urinary Passages. Dodder of Flax, of Hemp, of Madder, &c. is astringent, and good to stop all Fluxes both of Blood and Humours in the Belly, as also in Wounds and Ulcers: But Dodder is generally hot and dry, Aperitive; or an Opener of Obstructions, purges Melancholy, gives Relief in Diseases of the Lungs, Liver and Spleen;

Spleen; is profitable against a Scabies or Scabiness, Leuce, Leprosy, Yellow and Black Jaundice: It is used by way of Decoction, and mostly in Whey, or Fumitory Water. Where note, that Dodder of Nettles is prefer'd in Physick before all the other kinds; yet that on Danewort is not much behind it.

288. * *Cuticula*, The Scarf Skin. It is a fine thin Skin, and that which is the outward-most cover of the true Skin, and that which is raised when a Vesicatory or Blistering Plaster is applied: It is extended over the whole Skin, like a Membrane, full of innumerable small Pores, for the Perspiration of Sweat and superfluous Serosities. It is accommodated to the avoiding of Injuries external, and to shut up the Capillary Mouths of the Cutaneous Vessels, as Arteries, Veins and Nerves; and for the more nice discerning of Tactile Qualities. It is nourished by the Blood; for if it is lost, it is restored again, tho' its Vessels be (as it were) inconspicuous. It is the Seat of Freckles, Lentils, Tannings, and other discoloring; and is neither rarified by Heat, nor condensed by Cold, or Oily Vapours, because they easily slide off again.

289. * *Cutis*, the Skin. It is so called in a living Person; but when dead and flea'd off, it is called *Pellis*, the Hide. It is the outward-most Cover of the whole Body, or a pretty thick Membrane, compleated with innumerable Fibres and Filaments of Capillary Arteries, Veins and Nerves, complicated and interwoven one with another, full of small Glands, and Pyramidal

Papillæ, Lymphaducts and Vessels, and small Pores, which let the abounding Humidities, Sweat or Vapours, to perspire. It is perforated in many Places, as the Eyes, Ears, Nostrils, Mouth, Anus and Privities. It is thickest upon the Head, moderately thick in the Neck and Back, finer and thinner in the Face, Yard and Cods, but thinnest of all on the Lips, Vulva, &c. In some Places it sits more loose; but in others as the Fore-head, Elbows, Soles of the Feet, &c. It sticks very close to the Parts it covers.

290. * *Cynanche*, a kind of Quinsy, a Disease of the Throat; and is so called, because incident to Dogs and Wolves. It is an Inflammation of the inner Muscles of the Larynx, accompanied with a continual Fever, and a difficulty of Breathing. It is dangerous, and many times kills in two days time: The immediate Cure is bleeding in the *Ranula*, under the Tongue, once, twice, and oftner if need be, and the Blood may be taken away liberally; and sometimes Bleeding in the Arm to 16 or 20 Ounces, if the Disease be desperate, by which a Derivation of the Blood is made another way. In the mean time Antisebricks are to be given, and Gargles made of Jews Ears, boil'd in Barly-water, and sweetened with Honey; but especially a Gargle made with *Sal Prunella* dissolved in Spring Water, and a little sweetened with Syrup of Mulberries, &c.

291. * *Cynantropia*, Hydrophobia, Biting of a Mad Dog. The Patient flies light, and any thing which is splendid and bright fears Water, and trembles at the sight of it. It is convulsive when come

come to its Maturity, from the Poison of the Dogs *Saliva*, and is accompanied with Fury, and shunning Rivers, Ponds, Tubs of Water, and every thing which is liquid: It is attended with (besides the Delirium) many times a Fever, and other Symptoms. It is curable if attempted at first; but if once they begin to be melancholy, sullen, desirous to be alone, spiteful, malicious, doing Mischief, begin to be delirious, to bite or to rave, the hope of Life is generally past. I have seen many, but never knew so many as one of them recover.

292. * *Cynorrambe*, Dogs Mercury. *Prevotius* in his Book of Medicines for the Poor, ranks this Herb among those things which loosen the Belly. A Decoction of it makes the Guts slippery, and gently evacuates by Stool Serosities, and Pituitous Humours.

293. * *Cynoglossum*, Hounds Tongue. It is astringent, cooling and drying: It is used to stop all inward Bleedings, Fluxes of all sorts, or Gonorrhæa in Men, and the Whites in Women. It operates not much unlike an Opiate, and therefore it is good to stop Coughs and Catarrhs; for which reason it is many times joined in the Composition of Opiates. An Ointment made of its Juice with Honey and Turpentine is commended for the Cure of old putrid Ulcers, and inveterate running Fistula's.

294. *Custards*. Take two quarts of new Milk and a quart of Cream, boil it with Mace, Nutmeg and Cinamon, take out the Spice, and put in the Yolks of 15 Eggs, beaten very well with Rose-water; sweeten it,

and stir it all well together, and make little Custards; then fill the Crusts with the Custard, let them not stand too long; when your Custard cometh from the Knife they are enough.

295. *Custards in China Cups*. Take a quart of Cream, seven Eggs, three Whites, beat them very well with two or three Spoonfuls of Damask Rose-water; mingle them with the Cream and some Sugar, put them into little China or white Earthen Cups, and let them not stand in the Oven too long.

296. *Custard*. The Paste being raised, dry it a little in an Oven. To two quarts of Milk take eighteen Eggs, half the Whites must be omitted; and if made of Cream no Whites at all; a pound of Sugar, and a little D. R. W. beat them together till they are very well mixed; and when you fill your Pans or Pastes, strain it, and bake them in an Oven about three quarters heated.

297. *Custards*: Another way: Boil a quart of Cream, with Nutmeg bruised, two drams; add the Yolks of ten Eggs, and the Whites of five, beaten up with a little cold Cream; mix these together with a grain of Saffron wet in White-wine or Canary, and strained thorough a Linnen-cloth; and if you find it proves too thick, make it thinner with a little Milk and D. R. W. adding fine Sugar; then fill your Cups and bake them in a gentle Oven, and serve them up, with Sweetmeats.

298. * *Cynicus Spasmus*, A Dog-like Convulsion. It is a Convulsion of the Muscles of the Mouth, by which the Face is

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distorted;

distorted, that it resembles the Countenance of a grinning Dog. It is cured by anointing or bathing it two or three times a day with Power of Amber, or Powers of Rosemary, or with those Powers mixt together.

299. * *Cynorris*, *Cynodes* *Oeris*. A Dog like Appetite. It is a vehement or Dog-like Hunger, joined with Vomiting or Loosness, arising from a too acid Ferment in the Stomach: It is cured by swallowing a pint or more of melted Beef or Mutton-Suet, so hot as it may be drunk down; if the Flux is vehement, let half an ounce of Bees-wax be melted with it, and then swallowed, which let be repeated if need be.

300. *Cypus*, the Bark of the Roots prepared: Infuse the Bark, after you have cleansed it in sharp Vinegar for the space of three Days; then dry it, and keep it for use. And in this manner you may prepare the Leaves of Spurge Laurel, Mezereon, or such like.

The Powder of the Bark of the Roots applied, is good to stanch Bleeding, or stop the flux of Humours into a Wound; and it is so much the more effectual, if it is mixed with Powder of Gagechu, *Sacharum Saturni*, and *Roch-Alom*, each in equal quantities.

301. * *Cyanus*, Blew-bottle. Its Flowers are a Specifick against Inflammations, and other Diseases of the Eyes. The Distilled water is mostly used for those Purposes. The Juice of the Flowers is singular good to cleanse and heal putrid Ulcers. The Tincture of the Flowers is admirable for all the Purposes aforesaid, and is thus made. Take choice Brandy, of Wine or Sugar, a Gallon, fair Water, or rather D. R. W. two quarts; mix them, and put into it as many Flowers as it will well cover; digest 10 Days, and strain out with gentle pressing, and repeat this Work 3 times, keeping the last pure Tincture for use, and for all Diseases of the Eyes. They impart their Tincture very admirably to several sorts of Liquors. See Let. B. Sect. 92.

D A

D A

I. *  *Daffodil*. *Narcissus*. The Chief Kinds. We will here give you a brief Epitome of their Species, for the sake of Ladies, Gentlewomen, and such as love Flowers. These seven sorts following are the chief. I. The alone Flowered, which bear but one Flower upon a Stalk. II. The many Flower'd Single. III. The many

Flower'd Double. IV. The Junquils, or Rush Daffodils. V. The Sea Daffodil, a Noble Plant. VI. The Bastard Daffodil. VII. The Bastard Rush Daffodil, or Junquil.

2. * I. The first kind bearing but one Flower on a Stalk; the chief of which are. 1. *Narcissus Incomparabilis*, the Incomparable Daffodil. It has six pale yellow large Leaves, with roundish points,

points, the edges indented, and a deeper yellow cup in the middle.

2. The Double Flower or Cup, whose out Leaves are like the last, but the middle large, thick and double, of larger yellow Leaves, the shorter and deeper yellow Cup broke and mixt among them, forming a large and Beautiful Flower. 3. The Great Double Daffodil, whose Leaves and Stalks are shorter than the former, bearing one fair double Flower with pointed Leaves, so much crowded together, and so thin, that in Rainy Weather, they stick so close one to another, that they never open; it is of a pale yellow, almost white.

4. The Less or Double Daffodil, having a weak Stalk. It is a fine Double Flower, yellower than the former, of sharp pointed Leaves, gradually shorter to the middle, like a Star of six points, and opens well.

5. The Virginia White Double Daffodil. It rises from between two small green Leaves, half a foot high, with a fair double white Flower, like the last, but a small, long, white Fork comes from its middle. 6. The Common White Double Daffodil, which because it is so universally known, needs no Description; but every other Year must in June and July be taken up, and the largest Roots kept to set again.

All these Flower gradually in March and April.

3 * II. The many Flowered Daffodils Single. These bare many Flowers on one Stalk, some of the chief of which are, 1. The Great Yellow African, which is the best of the kind. It has greener and longer Leaves than the others, on a Stalk shorter than the Leaves. It bears 10 or 12 large fair shining yellow Flowers, (if its Root is old) with large Cups, of a deeper yellow, and very sweet Scented. 2. The Great

Limon Colored, with narrow Leaves, bearing four or five Flowers on a Stalk, at first opening of a Saffron colored Cup, but afterwards turning to a dull Limon color, smelling Sweet like the former. 3. The

White Scotch Daffodil. It is white Leav'd and yellow Cup'd, of a sweeter Smell, and bearing 8 or 10 Flowers on a Stalk. 4. The wholly white. It is like the last, but wholly white in Flowers and Cups, of which, the largest are by most esteemed.

4 * III. The many Flowered Double Daffodils. The Chief are,

1. The Double Yellow of Cyprus, with many Flowers, viz. 4 or 5 small, double, pale, yellower Flowers, strong scented and tender, and therefore to be defended from Frosts. 2. The Turkey Daffodil

with a Double Crown, bearing 4 or 5 small Milk white Flowers, with a double yellow Cup, of many small, short, yellow Leaves, exceeding sweet, but not so tender as the last. 3. The

Byzantine Double Daffodil, bearing 4 or 5 double white Flowers, their Leaves disorderly, with many pieces of yellow Cups among them; it is like the last in Leaf and Stalk.

4. The Double Purple edged Daffodil, it is a fine Flower, its Cup Leaves being edg'd with Purple.

5. * IV. The Rush Daffodils or Junquils. 1. The White Imperial, which has a small round

black Root, whence come 3 or 4 small Rush like Leaves, with a Stalk bearing 3 or 4 little Flowers, of six white Leaves, and a round Cup in the middle of the same color.

2. Another whose Leaves turn back again, either of a White or Gold Color, or of a pale yellow, but its Cup white; or whose Flower is white, and its Cup yellow. 3. The

Rush Daffodil with a great Cup, being larger in all its parts than any of the former, having three Flowers on a Stalk, but larger than the rest, the outer Leaves yellow, turning somewhat to the Cup, of a deeper yellow. 4. The Double Junquile, every way like the Common One, only the Flower is thick and double, made of several rows of Leaves, with the pieces of their Cups, between every row of larger Leaves, all of a fair yellow color.

6. * V. The Sea Daffodil.

Its Root is much bigger than any of the rest; Leaves generally six, of a whitish green, as thick and broad again as any other, but not so long as some of them; from whose middle and sides, Spring up 2 or 3 great Stalks, a Foot high, with 10, 12, or 14 Flowers on the top, each of six spread white Leaves, divided into 6 Corners, from whence proceed white Threads turning up their ends: and some others in the middle, tipped with yellow Pendants. They seldom spring up till April, and Flower not till towards the end of May, or beginning of June, and are to be Planted under a South Wall. They need no removing for 20 Years, and when removed, are to be set presently again.

7. * VI. Daffodil Bastard,

Narcissus Norhus. 1. The Great Yellow Spanish, whose Root grows deep in the Ground, Leaves thick, stiff, and grayish green; Stalks 3 Feet high, bearing one large Flower of 6 short Leaves, and a great Trunk in the middle, a little crumpled, wide open at the Mouth, and turning up its Brims. 2. The Great White Spanish, which is less than the last every way, and its Flowers Milk white, of which sort there are two others, but lesser. 3. The Greatest Double Bastard, or Tradescants Double, which is the largest and

best Formed of any, with a Stalk a Foot high, having a large fair Flower, well spread open, containing a multitude of little, pale, yellow Leaves, but growing in Rows one under another shorter and shorter, to the middle of the Flower, of a deep yellow.

4. Wilmots Bastard Daffodil, lesser, and of a longer shape. The Flower lesser, seldom opening alike, having a great double Trunk, in some unbroken, in others half broken, throwing it self among the other Leaves.

5. Parkinsons Double Bastard, like the former but lesser, and a greenish yellow. 6. The Double English Bastard, whose outer Leaves is of a pale yellow, but some parts of the Flower of a greenish yellow. 7. The Golden Double Narrow Leav'd, bearing one double Flower, of 6 yellow outward Leaves, and many smaller, of a deeper yellow, thick set together in the middle.

8. * VII. Bastard Rush Daffodil.

1. The White Bastard Junquile. Its Stalk is about a Foot high, bears one small white Flower, of six small short Leaves, standing about the Trunk, which is very wide, open at the brims, the outmost small and a little greenish, the great Trunks Milk white. 2. The Great Yellow Bastard Junquile. It has a bigger Trunk and longer, and of a yellow color: Of this kind, there are two or three other sorts, differing only in largeness, and one Flowering a Month later than the rest. As to Daffodils in general, they are great Increasers and hardy Plants, (except some few which are very tender) and are most of them to be taken up in June, and kept dry till September, and then set again. To have Varieties, you must take the Seeds of the best Single Ones, (for the Double have no Seed) and sow it in September,

in such places where they may stand 2 or 3 Years before they are removed; then to be taken up in June, and presently to be set again in good Ground, at fit spaces one from another.

9. * *Daisies the Kings.* *Bel-lis flore simplicis, & flore Pleno.* They are either Single or Double. The Double Flower'd are of various kinds, chiefly the Greater White: The All Red: The Great Red and White: The Abortive, naked, double Green, &c. they all Flower in April, and may be increased by parting the Roots in the Spring or Autumn. If they grow too much in the Sun, (unless Water'd,) they soon dye.

10. *Daisies:* This Herb is excellent for Wounds in the Breasts; the Oil of it, Plaister, or Syrup, are extraordinary good, and requisite to be kept in all Families. The great Wild *Daisy* is a Wound-Herb, to be had in great regard, often to be used in Drinks or Salves, either internally or externally. The Juice of these, or the distilled Water, as also of the Small *Daisy*, greatly tempers cholerick Heats, refreshes the Liver, and other inward parts. A Decoction of them much availeth in the cure of Wounds in the hollownes of the Brest or Stomach; as also for Ulcers and pustles in the Mouth, Tongue, or Privy-Parts. The Leaves bruised and applied to the Testicles, or any other hot and swelled part, dissolves the Swelling and temperates the Heat: being boiled with Wallwort and Agrimony, they greatly help in the Palsie, Gout or Sciatica, dispelling Knobs or Kernels in any fleshy part. They help Bruises and Ails occasion'd by Falls, or Contusions by Blows,

They are successfully used in case of Ruptures; the Ointment of them cools and expedites the cure of inflamed Wounds, especially when they happen in or near the Joints: the Juice may be drop'd into Rheumatick fore Eyes.

Take Clarified Juice of the Common small Field-Daisy a quart; Honey a pound: mix and boil to the thickness of a Rob. Dose three spoonfuls Morning and Evening in all Distempers of the Lungs, Coughs, Hoarseness, and to be used as a Vulnerary, for the speedy healing of all sorts of Wounds and old Ulcers, as also to be outwardly applied to them.

11. *Damastrans, Bullies, Quinces,* to keep all the Year for Carts: To three pound of Plums put one pound of good white Poulder Sugar, wipe them and put them into an Earthen Pot; as you lay them in, strow on the Sugar, Paste up the Pots with Rye Dough, set it into the Oven with Six Penny Bread, when you draw it, and it is cold, cut a Stick the depth of the Pot, scrape it clean and white, make a hole in the midst of your baked Fruit, put your Stick in them, cut a sheet of white Paper round, just fit to lye close upon them, make a hole in the Paper for the Stick to go through, then melt some fresh Butter, and pour upon the Paper, and when you are to use any of the Plums, draw up the Paper by the Stick, and put it down close again, after you have taken out what you need, so do as long as there is any Plums left in the Pot. If you do Quinces, pair and Coar them, before they are weighed, and cut them in halves, quarters, or whole, which you please.

12. *Damascene Wine.* Take what quantity of ripe Damascens you please, put them into a little Tub, then put as much warm Water to them as will cover them; keep the Water warm with Cloaths as long as you can, let them lie 24 Hours or more, till they are plump, adding more Water to them, and let them boil 5 or 6 Hours over a quick Fire, then strain them hard thro' a Hair Strainer; you must make it work with Yest. or the Lees of good Wine: When it hath wrought a while, Tun it up in a Wine Cask; When it is ready to be stop'd up, put a few fresh Damascens in your Cask, and then stop it very close, and let it stand in a cool Cellar to ripen for two or three Months; and thus, without help of Grapes, you may have Wine not inferiour to any Claret.

13. *Damascene Wine another way:* Take four Gallons of Water, and put to every Gallon of Water four pound of Malaga-Raisons, and half a peck of ripe Damascens; put the Raisons and Damascens into a Vessel without a Head, cover the Vessel, and let them steep six days, stirring them twice every day; let them stand as long without stirring; then draw the Wine out of the Vessel, and colour it with the Infus'd Juice of Damascens sweetned with Sugar, till it be like Claret Wine; and put it into a Wine Vessel for a Fortnight, and then Bottle it up.

14. *Damascens or Pruens, a Conserve:* Take Damascens one Pottle, prick them, and put them with a Pint of D. R. W. or Wine, into a Pot, cover them, and let them be well boiled, stirring

them well together; when they are done tender, let them cool, strain them with their Liquor; take the Pulp and set it over the Fire, adding to it a sufficient quantity of Sugar, then boil them till they are enough, so you may put them up into your Gally-pots or Glasses for use.

15. * *Damascens to Gelly, or any other Red Plums.* Take Damascens or other Red Plums, Double Refined Sugar of each 4 pounds: Water a quarter of a pint; boil half an Hour on a slow Fire. When the Skins break, take them off, let them stand half an hour, boil them again, and take them off as before; do this 3 times. While they are off, put some weight on them, to keep them under the Syrup. They are to boil the last time, till you see the part where the Skin is broke, of a very high color, which when you see, take them off, and when cold, drain away the Syrup, and make the Gelly as follows. Take green Goosberries, green Apples, Quince Cores a good quantity, boil them all to a Mash, strain them thro' a Hair Sieve. Take of this Gelly, and of the former Syrup, of each equal parts, boil them gently together till they Gelly, but boil not too high lest it should Rope: Scum it well, and whilst it is hot, put it into proper Glasses or Pots, with the Fruit, one Lay of Gelly, and one of Fruit, till the Glass, &c. is full. This will keep 3 or 4 Years.

16. *Damask-Powder.* Take of Orrice half a pound, Rose Leaves four Ounces, Cloves one Ounce, Lignum Rhodium two Ounces, Storax an Ounce and a half, Benjamin an Ounce and a half, Musk and Civet.

of each ten Grains; beat them all together grossly, except the Rose-Leaves, which you must put in afterwards: This is a Curious Pouder to say among Linnen.

17. *Dandelion, Dens Leonis.* Its Quality is Cleansing and Opening; by which means it is effectual in removing the Obstructions of the Liver, Spleen and Gall, and such Diseases as arise from them, as Hypochondriacal Passions, and the Jaundice, &c. opening the Passage of Urine in Men and Women of all Ages, cleansing Aposterns, and the inward Urinary Passages, and then by a temperate and drying quality, heals them: In this case, you may boil the Leaves in White-wine; or shred small, put them into Broth. It is good likewise in a Consumption, Boiled in Broth, or the Juice of the Root drank in Canary, or in the bad Disposition of the Body call'd Cachexia: It procures Rest and Sleep, when the Body is disorder'd by Agues. The Distilled Water is good in Pestilential Fevers, and to wash old Sores.

Take Clarified Juice of Dandelion a quart; Honey two pounds, mix, and boil to a Syrup, of which let the Sick take three Spoonfuls at a time, Morning, Noon, at four in the Afternoon, and at Bed time, to open Obstructions, heal the Lungs, and cure Consumptions.

18. * *Dartmouth Pye.* Take Lean of a Leg of Mutton two pounds, Beef Suet one Pound; chop them on a Chopping Board as small as may be, always stirring them up from the Board; add to it white Sugar three Ounces, 3 quarters of a pound (or rather one Pound) of Currants; one Nutmeg grated, and Salt enough to Season it; mix all well together,

and put it into the Paste, letting it have one Hour and halfs Baking. For the Paste: Take Beef Suet tryed 2 parts, fresh Butter one part, melt and mix them in the Water you make your Paste of, and let them boil together, then put in your Flower, and knead it up.

19. * *Dates.* Of these there are divers kinds; and as to their Physical Virtues, some of them are dry and binding, as those of Egypt; others are soft, moist and sweet, as those growing in Syria, Palestine and Jericho; the rest are a mean between those two kinds: Eaten often they ease Coughs, restore in Consumptions, and make Fat. But the Pouder of the Stones is successfully taken by such as spit Blood, or are troubled with the Bloody-Flux.

Or thus: Take the Pouder of the Stones, Pouder of Egg-Shells Levigated, of each half a Dram: mix, and give it in any convenient Vehicle against all inward Bleedings, or Spitting of Blood: it famously stops it when most other things fail.

20. *Deafness.* Take Betony and Horehound, and stamp them in a Mortar; strain out the Juice, and when the Party is in Bed, and lying on one side, drop in three or four drops into the Ear, and it will in a few days time, restore the Hearing, if the Party was not born Deaf, or some violence has not been offer'd to the Organs of Hearing.

I have often Cured Deafness, or Thickness of Hearing, by dropping into the Ears a few drops of my Guttæ Vitæ, every Night going to Bed, Oil of Amber also drop'd into the Ears for some time after due Syringing them (with warm Oil and White Wine mixed together in equal

equal quantities,) is of extraordinary use.

21. **Decoction to open the Body.** Take twelve Prunes, Liquorice, Aniseeds, Carraways and Fennel-Seeds, of each half an Ounce; Sena a Dram: boil them being bruised, in a quart of fair Water, till the third be wasted, then strain it, and drink it at three several times very hot, and walk about upon it. It loosens the Belly admirably.

22. **Decoction for Clysters.** Take Posset Drink (made with Ale.) a full pint; Aniseeds six Drams bruised; boil a little and strain, in which dissolve brown Sugar four Ounces, and give it warm. It loosens the Belly, and gives some Stools.

23. **Decoction of Sena:** Take two Ounces of the Leaves of Sena, Raisins of the Sun stoned two Ounces, Ginger one Dram: boil them in three pints of Spring Water, till a pint be Consumed. This is an excellent Purging Potion. The Dose is four Ounces: If it be given to a strong Body, that it may work the better, put to three Ounces of it, an Ounce of the Syrup of Buckthorn or Roses Solutive. This may be safely taken as often as any occasion of Illness, or Indisposition requires it, or for prevention.

24. **Decoction of Woods:** Take Sassaaparilla-roots, split and cut small, four ounces; Guaiacum three ounces; the Bark of the Wood two ounces, Sassafras one ounce and an half; the Roots of Burdocks and Butterbur, of each two ounces and an half; Rhodium wood and Yellow-Saunders, of each an ounce; Carduus-seeds and Juniper-berries, of each six drams; of the outer Bark of dried Citrons two drams; infuse them all Night in six quarts of fair Water, and then boil them to the Con-

sumption of half the Liquid. This drank as a Diet-drink, is exceeding good for those that are troubled with the French Disease, King's-Evil, Rheums or Coughs. It may be taken four times a day, for twenty or thirty days together.

25. **Decoctum Amaranthi:** This bitter Draught is made in the following manner: Take the Flowers of Camomile, the Tops of the lesser Centaury, of each a pugil; Gentian Root half a scruple; the Leaves of Sena cleansed, and Carduus Benedictus-seeds, of each one dram: boil them in a sufficient quantity of clear Spring-water to four ounces. This strengthens the Stomach, restores lost Appetite, and causes a good Digestion. You may take four ounces of it for a Dose fasting, five or six Mornings together.

26. **Defluxion on the Eyes:** Take red Sage and Rue, of each a handful; fine Wheat-Flower a spoonful, the White of a new-lay'd Egg beaten to Water: mix them very well, and spread them upon a very thin Leather, or black Silk, and apply it to the Temples, it draws off the Rheum that afflicts the Sight.

27. ***Defluxion and Dimness of Sight.** If the Rheum is very hot, and the Defluxion very great, there is no better thing in the World than to wash the Eyes, or drop into them three or four times a day a little good Brandy; for this Defluxion comes by reason of a weakness in the Parts, which this Medicine removes: I know some will be afraid of the smarting, but the Fear is more than the Hurt, nor is the smarting equal with the Pain which is caused by the Disease. Or you may take Powers of Rosemary, which you may bathe upon the Lids of the Eyes five or six times a day, smarting

ting the Eye-lids in the mean season very close; this stops the Rheum also, be it never so extream. When the vehemency of the Pain and Defluxion is stop'd, you may confirm the Cure by often washing the Eyes with the following Water. Take Damask Rose-water half a pint; Saccharum Saturni, Roch-Alom, of each a dram; White Vitriol a Scruple, mix them.

28. * **December Dishes in Season.** *First Course;* Lamb boiled with Spinage, Venison Pasty, Marrow Puddings, Giblet Pye, Roast Mutton: *Or thus;* Veal Ragoud, Boil'd Mutton, Roast Beef, Orange Pudding, Chicken Frigacy'd: *Or thus;* Pottage, Lamb forced, Roast Pike, Westphalia Ham, Lamb Pye and Pigeons, Roast Mutton: *Or thus,* Lambs Neck a-la-mode, Leg of Veal and Bacon, Spinage Pudding, Griskins, Sallet of Pickles: *Or thus;* Stewed Mutton, Eoiled Lambs Head, Roast Veal, Rabbits Frigacy'd, Beef boiled. *Second Course;* Turkeys roast, Tansey, Pease, Cold Tongues, Strawberries and Cream: *Or thus;* Lamb roast, Solomongundy, Rabbits roast, Goosberry Fool, Sturgeon: *Or thus;* Ducks roast, Cheese-cakes, Pease, Rabbits roast, Lobsters, Crabs: *Or thus;* Lamb roast, Kidney Pyes, Veal Collard, Rabbits roast, Custards in Pots: *Or thus;* Chickens roast, Apple-Fritters, Potted Beef, Lamb roast, Solomongundy.

29. **Debils Bit:** This Herb and Root being boiled in White Wine, makes a Decoction, good against the Plague, and Pestilential Air, and Diseases occasioned thereby, as Fevers, &c. It is an Antidote, and much fortifies against Poisons, and helps the Pain caused by the stinging or

biting of venomous Beasts; and also for inward Bruises, Contusions by Blows, and dissolves congealed or clotted Blood. The Root and Herb bruised and applied Poulisewise, takes away the black and blue Marks in the Skin. The Decoction of the Herb only mixed with Honey of Roses, is with Success applied to Tumours and Swellings in the Throat, by often gargling in the Mouth, and down the Throat, as conveniency will permit: It helpeth to procure Womens Courses, and easeth all Pains of the Mother, expels Wind in the Bowels: The Pouder of the Root drunk in Worm-Wood Water, kills and drives out Worms: The Juice of the distilled Water is good to wash green Wounds with, or old Sores: It cleanseth the Body, being taken inwardly; and the Seed decocted, takes away the Itch, cures old Sores, removes Freckles, Pimples and Morpew, the Parts being bathed with it especially, and the sooner, when a little Vitriol is dissolved in it.

30. * **Dihierapte, Compositio Equina.** Take round Birthwort Roots, Juniper berries, Bay berries Husked, Aniseeds, Cubebs, Myrrh; of each equal Quantities: Make each a part into very fine Pouder; to every pound of which mix two pounds of good Honey, and one pound of Balsam of Peru, and make an Electuary. it receives its Name from being made of the first six Species. It is an excellent thing for the Cure of Horses that are purse and short-winded, or have gotten violent Colds, and are stopp'd up with Phelgm, and glutinous Humours, it kills Worms, cures all manner of Poison, inward or outward, as the Bitings of Mad

Dog

Dogs and other venomous Creatures, inwardly taken and outwardly applied. It cleanses the whole Body, as also old Sores and Ulcers, strengthens the Body, and is good against Weariness. It cures Cramps being applied, as also all Weaknesses of the Nerves and Joints: It breaks the Stone, and expels also Sand, Gravel, and Tartarous Matter in the Reins or Bladder; provokes Urine, and is good against the Yellow Jaundice. It is good also for all these Diseases in Human kind, being given in a proper Dose, and is to be made as directed; but when prepared for Horses, the Bals. of Peru may be left out, and Strasburg Turpentine in the same quantity may be put in in its place. Dose to a Man from a dram to 3 drams Morning and Night in any fit Vehicle; to Horses two or three ounces in like manner.

31. * *Diapente, Compositio Equina*: Or a mixture of five things for Horses. Take round Birthwort-roots, Gentian, Bay-berries hull'd, Aloes, Myrrh, of each a like quantity; each being made into fine Powder, mix them; and to every pound thereof add Extract of Juniper-berries, Honey, Strasburg Turpentine of each a pound, mix and make an Electuary. Dose to a Horse, from one ounce to three, in a pint and half of Muscadine or Canary. It cures Colds in Horses tho' never so great, all infectious Diseases, Fevers, Coughs, Glanders, Surfeits, Inflammations of the Blood, great Heats and Weariness, Frenzies, Yellows, Freeing the Blood and Humours, from all manner of Putrefaction and Corruption, cleansing the Stomach, Lungs, Guts, Mesen-

tery, Reins and Bladder. It cures also all the like Diseases in human kind, being given Morning and Night from one dram to three; but then instead of the Turpentine put in a like quantity of Balsam of Peru. When given to Horses, if you have not Wine, it may be given in strong Ale or Beer.

32. * *Diateffaron Equinum*, A Horse Composition of four things: Or Horse-Treacle. Take round Birthwort-roots, Ginger, Myrrh, Flowers of Sulphur, of each a like quantity; make each into a fine Powder, and mix them; to a pound of which, put of good Honey, Balsam Capivi, of each a pound and half; mix and make an Electuary. Dose to a Horse is from one to three ounces, as before directed. It has all the Virtues of the two former Compositions, and may be given to human kind also in like Cases from one to three drams Morning and Night in any fit Vehicle.

33. * *Diagridium*, or prepar'd Scammony. Take the Core out of a Quince, and fill it up with Scammony in Powder; join the Quince together again, wrap it in Paste, bake it in an Oven, or roast it under Embers; then take out the Scammony, and keep it for use. 2. Crollius prepares it with Juice of Citrons: But Quercetan says, it is best prepared with Juice of Lemons, or Flegm of Vitriol impregnated with its Spirit. 3. Or thus; Lay Scammony in Powder on a whited brown Paper, which hold over live Coals which have Sulphur cast upon them, which stir continually, till it is melted, and becomes white: Dose from grains v. to viii. 4. Hartman's Diagridium. Take fair Water a quart, rectify'd Oil of Vitriol one ounce, Oil of Ani-

seeds two Drams : mix them well ; put therein choice Resinous Scammony in fine Powder 8, 12, or 16 ounces, which beat to a Mass, and evaporate to the Consistence of Pitch. Dose from 15 grains to 25 grains. *Diagridium* is a good Purger of Choler, Flegm, and Watery Humours, either alone, or mixed with other Catharticks. It is of great force against the Scurvy, Dropsy, Gout, Jaundice and French-Pox : It opens all inward Obstructions, attracts from the Joints, and most extream parts ; provokes the Terms, cures the Cachexia and Green Sickness in Virgins, and is one of the best Head Purgers.

34. *Diacodium* : Is a Syrup made of White Poppy Heads and Seeds eight Onnces ; Black Poppy Heads and Seeds six Ounces, boiled in fair Water eight pounds to three pounds, then prest forth, and made into a Syrup with 32 Ounces of Sugar. It causes Rest and Sleep, and eases Pains in any Part ; is good against Weakness of the Back, Coughs, Colds, Catarrhs, and stops all sorts of Fluxes, and Bloody-Fluxes. Dose from one spoonful to two in any convenient Liquor. To Children the Dose must be less.

35. *Diarrhœa* : Mix 15 Grains, or if the Distemper be but light, ten grains of the Powder of Rubarb, with half a Dram of *Diacodium*, and take it either going to Bed, or early in the Morning after the first Sleep. It stays Loosenesses, and remedies Fluxes in the Belly.

There is no better thing in the World, than my Laudanum Specificum, which may be given from one Grain to four, more or less, according to Age ; it Cures Infalibly. Children which cannot take Pills, may take my Guttæ Vitæ, from 10

drops to 20, and to 60, according to Age : give them in Ale or Wine, every Night going to Bed.

36. * *Diana's Tree*. Take fine Leaf Silver an Ounce, strong Spirit of Nitre 3 Ounces ; mix and dissolve. Put this Dissolution into a Matraass, in which you had before hand put 18 or 20 Ounces of Water. The Glass must be filled up to the neck, and all must lye still on a round of Straw, in some cool place for 40 days together, during which time, the Tree will begin to spread forth in Branches, and will have little Balls at the end, which will represent the Fruit.

37 * *Diana's Tree* by another method. Take Filings of Cupellated Silver, or Leaf Silver an ounce, strong *Aquafortis* 3 Ounces, mix and dissolve in a Glass Body ; set it in a Sand heat, and Evaporate about half the moisture ; after which add to the remainder good Distilled Vinegar 3 Ounces : make it a little hot, and keep it stirring : then put the Matraass into a little cool place for about a Month, then will a Tree, (much like a Fir Tree) spring up, and rise to the very top of the Liquor.

38 * *Diana's Tree* from Homberg, which is done in less than a quarter of an Hours time. Take Filings of fine Silver an Ounce, Quick-silver half an Ounce ; mix and make an *Amalgama* without heat. Dissolve this in strong *Aquafortis* 8 Ounces, pour this Solution into six Gallons of common Water ; stir all about a while, to make a perfect Mixture, and then keep it in a great Glass Bottle well stoppt for use. When you would make the Experiment, Take about an Ounce

of

of the reserved Liquor, into which put about the quantity of a small Pea of an ordinary *Amalgama* of Silver or Gold, which should be as soft as Butter; let the Vial be still for 2 or 3 Minutes, presently after which, you will see several small Threads or Filaments arising perpendicularly from the little Bulb, of the newly put in *Amalgama*, and which will sensibly grow, and thrust out on the sides small Branches in form of a Tree. The Bulb or Ball will grow hard, but the little Tree will be of the color of bright Silver. *Where Note*, 1. That the Water which serves once for this Experiment, will not serve a second time. 2. The stronger you make your reserved Water, the thicker will be the little Tree and its Branches, and the sooner formed: But if it is weak, its Branches will be sparing, slender, and slow in growing. 3. That the Form of this Metaline Tree may be varied almost as you please.

39. *Difficult Breathing*: Take *Castoreum* dried to Powder two or three Grains, at the most but four; mix this with 10 or 12 Grains of *Gaseoin-Powder*, add a little Syrup or Conserve of Roses, and being taken, wash it down with a mixture of five drams of *Peniroyal Water*, and two Drams at most of compound Water of *Briony*.

If it comes from tough hard *Flegm*, my *Spiritus Aperiens*, or *Spiritus Anticolicus* are famous Things, being given from 20 drops to 40, in Ale or Wine, and in all the Liquor they Drink. But if it is an Obstruction of the Lungs, from a Stagnation of the Blood, or the Humors being too thick, give Spirit of Hartshorn, or

Sal Armoniack, from 30 to 40 drops, in a Glass of Wine, or *Scurvy-Grafs Water*.

40. *Difficulty in Hearing*. Take a Chive out of a Root of Garlick, put a fine piece of Thread, or Silk through it at the end, that it may be easily plucked out again; crush it a little between your Fingers, and anoint it over with the Oil of Bitter Almonds, and so put it into the Cavity of the Ear at going to Bed; and draw it out the next Morning, stopping the Ear with Black Wooll: But if the first time succeed not, you must use it oftner. My *Gutta Vitæ* drop'd into the Ear, is excellent in this case.

41. *Digestives*. Take two Ounces of *Venice Turpentine*, incorporate it well with the Yolk of an Egg, add to it at Discretion, a little Spirit of Wine; with this dress the Part Morning and Evening, laying it on thicker, if the Part be near some Nerve, and the less where it is most Fleshly, and it will soon bring it to a Head, or dispel the Tumour, Humours, or Pain contracted. It is used instead of *Basilicum*.

42. *Digestion to help*. Take fine Sugar, powdered and sifted two Ounces, sprinkle on it the Spirit of Wormwood; then take a quarter of an Ounce of Gum Tragacanth, and steep it all night in D. R. W. take some of this, wet the Sugar with it, and beat them together till it come to a Paste; you may add a little Musk, and then make it up into Cakes the breadth of a Groat: Lay them upon Plates, and dry them gently in an Oven, keeping them in a dry place. Eat one or two in a Morning, and they will help Digestion.

If it comes from a Cold Stomach, nothing is so good as to Eat now and then a bit of Barbadoes Green Ginger.

43. **Dill.** This is a great Strengthenr of the Brain: The Decoction of it is good in Pains and Swellings, eases Pains in the Belly, and is excellent for Women troubled with Pains and Windiness: It stays the Hiccough, holding your Nose over the Steam, if boiled in Wine. The Seed is of greater Virtue than the Leaves, as being more powerful to Digest Vicious and Raw Humors, and very useful in Medicines appropriated to expel Wind. It dries up moist Ulcers, more particularly in the Secret Parts. Dill Oil resolves Tumours and Apostems, eases Pains and procures Rest. The Herb or Seed in White-Wine, expels Winds, and provokes the Terms.

44. **Dill-seed:** &c. Its Virtues: Four drops of the Oil extracted from it, and half an ounce of the Oil of sweet Almonds, mingled together, and taken in warm Ale, are excellent good for Coughs and Colds, and Hiccoughs when they proceed from cold Causes. The Seed bruised and applied, discusses and ripens Tumours, disposes to Sleep, being steeped in Wine. They take off the excessive Heat and Desire in Venery, stay Vomiting. The tender Tops and Roots boiled with the Seeds in White-wine, greatly provoke Urine, and are helpful in dissolving or bringing away the Stone or Gravel.

45. **Distilled Vinegar:** Put six quarts of strong White-wine Vinegar into an earthen Pan, evaporate about a quart in a Bath, till the phlegmatick Part is removed: pour

what remains into a glass or earthen Cucurbit; distill it in a strong Sand-heat, till nothing but a substance like Honey remains at the bottom. It is mixed likewise with Cordial Potions to resist putrefaction, and outwardly applied, it allwages Inflammations; half an ounce of it may be taken at a time in any proper Liquor.

46. **Diureticks:** Peel off the inner Rind or Skin of an Egg-shell, beat the Shell to a very fine Ponder, and take about a scruple of it at a time in a spoonful of convenient Liquor.

It eases Pains and Obstructions; adding to it Ponder of Crabs Eyes, it brings away the Stone or Gravel.

47. **Dishing up of Fruits and preserved flowers.** Take a large Dish, cover it with another of the same bigness, and place the upper-moſt over with Almond Paste, in-laid with red, white, blue, and green Marmalade, in the Figures of Flowers and Banks. Then take the Branches of Candied Flowers, and fix them upright in Order, and upon little Bushes, erected and covered with Paste; fix your preserved and candied Apricocks, Apples, Cherries, Currants, Goosberries, Pears, Plums, Peaches, &c. in their proper Places; and for Leaves, you may use color'd Paste or Wax, Parchment or Horn, &c. This especially in Winter will be very proper.

48. **Dock:** It is a great cleanser of the Blood, and strengthner of the Liver, when they are afflicted with Choler. Some hold that the yellow Dock-roots work most effectually, when they are so afflicted: All Docks have in them a kind of cooling, drying quality, but not all alike: The

Sorrel

Sorrel being most cold, and the Blood-wort most drying, the Seed of them stays the Lasks and Fluxes of divers kinds: The Roots of the sharp pointed Dock boiled in Vinegar, cure and take off the Itch and Scabs, the place being washed with the Decoction) and the Breakings out of the Skin. The distilled Water of the Herb and Roots have the same virtue, and more especially cleanse the Skin, from Morpew, Spots, Freckles, or any other discolourings: Any of the several Docks being boiled with Meat, make it boil sooner; Blood-wort especially is a very wholesome Pot-Herb, though some, ignorant of its virtues, refuse it, because it makes the Pottage blackish: but such are more nice than wise.

49. **Doctor Stephen's Water.** Take a Gallon of Claret, or Canary, Cinamon, Ginger, Grains of Paradise, Gallinjal, Nutmegs, Aniseeds, and Fenel seed, of each three drams, Sage, Mint, red Roses, Pellitory of the Wall, wild Marjoram, Rosemary, wild Thyme, Camomil and Lavender, of each a handful; bruise the Spices small, cut and bruise the Herbs, and put all into the Wine in an Alembick; and after it has stood twenty four Hours, distil it.

It is good against fainting and Swooning Fits, expells Wind, eases the Colick, and strengthens a weak Stomach.

50. **Wodder of Thymie:** It is effectual in Melancholy, and purges black or burnt Choler; it takes away the Trembling of the Heart, Swoonings or Faintings; all Diseases and Grievs of the Spleen and Melancholy arising from the windiness of the Hypochondria: It purges the Reins and Kidnies, it opens the

Obstructions of the Gall, and is thereby helpful in case of the Jaundice: It purges the Reins of phlegmatick, and cholerick Humours, and mixed with a little Wormseed, is good to kill Worms, and for Agues in Children.

It may be infused in White-wine an ounce or more to a pint, for almost two hours scalding-hot; then press forth, and being sweetned with Sugar, is to be drunk every Morning fasting, or Evening going to Bed.

51. **Dog-Biting:** If you are bitten by a mad Dog, or any other, Take the Roots of Gentian one Dram, Myrrh two Drams; the Eyes or black Claws of Crabs burnt and powdered, two Drams; put them into White Wine, boil them, and straining out the Decoction, drink a quarter of a pint at a time fasting if you can, and very warm; then wash the Wound with your own Urine, wherein Rue and Carduus have been boiled, and so continue to do three or four Days successively, having first laid some of the Powder dry on it; to draw out the Putrified Blood, and cleanse it.

Inwardly give the Powder of the Liver of the same Mad Dog to one Dram, in White Wine every Morning and Evening for a Week or more; and having wash'd the place Bitten with Salt Brine very hot, apply thereon Emplastrum Epispasticum, which let lie on 12 or 14 Hours, &c. and being whole, apply a second blistering-Plaster as before. If you have none of these things, then immediately hold almost close to it, a Red hot Iron, till a Blister arises, so will you deliver the Patient from the Danger of Death.

52. **Dogs Grass:** Gramen Caninum. It is gentle in its Operation, being boiled in White-wine

or Ale, it openeth Obstructions of the Liver and Gall; it removes the Stoppage of Urine, eases Gripings, and Pains of the Belly, and Inflammations. The Seeds work powerfully in expelling Urine, and the Decoction of them stays Lasks and Vomiting: The Roots boiled in White-wine, are a general Remedy against all Diseases occasion'd by Stoppages.

53. *Dogs-Tooth*. This is a kind of Grass so called, and has in it many excellent Virtues in Physick; viz. The Decoction of it healeth the Pains of the Belly, helps difficulty in making Water, breaketh the Stone, and brings away Gravel. The Root bruised, and applied, searcheth Wounds, and keeps them from Inflammation. If the Decoction be put into a little Wine or Honey, with the third part of so much Myrrh, Pepper and Frankincense, and be made to boil in some Copper Vessel Tin'd within, it is a singular Remedy for the Tooth-ach, and Rheums falling into the Eyes. It is good for the Head-ach, being stamped and applied to the Forehead. It likewise stops Bleeding at the Nose. And the Seed thereof greatly provokes Urine, bindeth the Belly, and stops Vomiting, &c.

54. *Darnel*. The Meal of it is good to be applied to Gangreens, or any the like fretting and consuming Ulcers, Cancers, or corrupted Sores. It is excellent to cleanse a Leprous Skin, or that which is affected with Ringworms or Morpew, it dissolves Knots and Kernels, being used with Sulphur *vive*, and Vinegar, breaking those that will not easily dissolve. Being boiled with

Pigeons Dung and Linseed in White Wine, it gives ease to the Sciatica. The Meal of it applied Poultrifwise, draws Splinters or Thorns out of the Flesh, as also Splinters of broken Bones, so that they may be easily taken out. The Red Darnel boiled in Red Wine, is excellent to stay Lasks, Fluxes, and Bloody Issues; and retains Urine, that would otherwise pass away too suddenly.

55. *Doves-foot*: *Geranium Columbinum*. It is a present ease for the Wind-Cholick: It expels the Stone and Gravel in the Kidneys; and boiled in White-Wine, is good for bruises, Hurts, or Wounds, stays Bleeding, dissolves and expels Congealed Blood, cleanseth old Sores and Ulcers, being washed therewith, as also Fistula's. The Green Herb bruised and applied to Green Wounds, asswageth the Pain, and allays the Inflammation. The Decoction of it in Red Port-Wine, eases the Pains in the Gout, and Aches in the Joints or Sinews; the Poudre or Decoction of it, taken for some time together, is experienced to be very helpful in the Rupture or Bursenels of Old or Young. This Herb by some is called *Doves Foot Cranes-Bill*.

56. *Down Thistle*, by some called *Cotton-Thistle*. The Leaves and Roots help (if the Juice or Decoction of them be Drank) Cricks and Pains in the Neck. *Galen* affirms, That the Roots and Leaves are of a Healing Quality, and help against Convulsions of the Nerves, whereby any part of the Body is drawn up by some Spasm or Cramp, as the Rickets,

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in Children, and the Shrinking of the Sinews in Old People.

57. **Dragons:** The Water of this Distilled, scoureth and cleanse the Body; being applyed outwardly, it takes away Freckles, Morpew and Sun-burn, especially if mixed with strong Vinegar; an Ointment of it is good in Wounds; it consumes the Offensive Flesh growing in the Nostrils, called *Polypus*, and Cancers. If drop'd into the Eye, it takes off Films. It is likewise good against the Pestilence.

58. **Drink in Fevers.** This is most excellent in Hot and Continual Fevers, viz. boil a handful of the Leaves of Purslane in fair Water, till it taste very strong of it, strain it, and add an Ounce of beaten Liquorice, and two Ounces of Sugar; to half a Pint of this add ten drops of Oil of Vitriol, and use it for ordinary Drink, and it will allay and drive out the Heat that occasions the Fever.

59. **Drink of Hartshorn:** Take half a Pint of Small Beer, half an Ounce of Burnt Harts-Horn, powder it, and boil it a little in the Liquor, and it will fortifie the Heart, and expel the Heat.

The usual way of making the Harts-Horn Drink is thus: Take Harts Horn Burnt White, and in fine Powder, one Ounce; fair Water 3 Quarts; boil till one Quart is consumed; then strain it out through a double Cloth, add to it a little Sack Whey, and sweeten it with five or six Ounces of Double Refined Sugar. If you please, you may (after it is sweetened) put in the Yellow of one whole Limon Peel, to give it a pleasing Flavour, which may be kept in the Drink all the while it is Drinking.

60. **Drink for Malignant Fevers.** Take Spring Water a Quart, put into it an Ounce of Burnt Harts-horn; the mixture being cold, give it a Warm or two, put in three Ounces of Syrup made of the Juice of Lemons; shake them well together, and take a quarter of a Pint Morning and Evening.

61. **Drink for Head Pains.** Take Sena one Ounce, Cinamon, Aniseeds, Fennel seeds and blew Currants of each a Dram; Liquorice 2 Drams; Rosemary and Sweet Marjoram a handful; shred and bruise these, and slice in three or four new Figs, boild them in three Pints of Water, with an Ounce of Sugar, till a third part be Consumed, then strain it. The Dose to the Weak is about two Ounces; but for stronger Bodies, from two to four Ounces.

Note, If the Head be Pained, and the Body bound, endeavour the first thing you do, to open and render it soluble; otherwise the ascending of Vapours to the Brain, will so disturb the Head, and dislemper it with Heat and Pain, that Lightness of the Head, Phrensies, or Raging Madnes may happen to ensue, if not timely prevented.

62. **Drink Correcting Sharp Humours.** Take an Ounce of choice Hull'd Barley, wash it very clean, boil it in a Quart or more of Spring Water, till the Grains begin to burst; strain the Decoction through a Cloth, and drink it for your ordinary Drink at Meals.

63. **Drink for the Scurvy and Gout.** Take two handfuls of Marsh Trefoil, and let it Work in about two Gallons of Small Ale; use it for all, or the greatest part of your ordinary Drink, and it will Purge out by Gentle Breathing Sweats, the Obnoxious Humors

moors that are the occasions of this Distemper.

64. *Drink for Wheezing*: Take five pints of fair Water, half a pint of Honey, six Figs, an Ounce of blew Currants, two Drams of Liquorice; boil them to the Consumption of a Pint, and drink half a Pint of it Morning and Evening pretty hot. This brings away tough Phlegm, cures the Phlegmatick and Slimy Cough, and remedies Shortness of Breath.

65. * *Drink for the Scurvy*. Take Agrimony, Brooklime, Fumitory, Goats Rue, Harts Tongue, Liverwort, Scurvy Grass Garden, Succory, Water Cresses, of each 3 handfuls; Roots of Quitch Grass, of sharp pointed Dock, of each a pound, Anise-seed, Sweet Fennel Seed, Cardamoms, of each bruised one Ounce; put all these into a Bag, which put into 3 Gallons of New Ale; after three days having done Working, drink it for your ordinary Drink.

66. * *Dropty to Cure*. Take Broom Ashes a pound or more, White Wine a Quart, infuse 24 Hours, shaking the Glas now and then being settled, decant the clear. and drink thereof half a Pint Morning, Noon and Night; repeating it as long as need requires, the Patient keeping a spare Diet, eating things easie of Digestion, and not Salt.

67. * *Drying of Apples, Pears, Plums, Quinces, Wardens, Grapes, &c.* First preserve them, then wash them in Brandy or Sugar Spirit which is good, after which, put them on Tin Plates, and dry them in a Stove, or in an Oven not too hot, observing ever to let them have their Stalks on.

68. *Droptie*: Take the Roots of the Furz-Bush, pare off the outward Bark, which throw away; scrape off the inner Rinde, and fill a Pint Bottle with it lightly; then fill it

up with Rhemish or White Wine; let it stand to infuse all Night, the next Morning drink a Glas full of it, and continue it till you are Cured.

But you ought to Purge every fourth or fifth Day with these Pills. Take fine Aloes, Cambogia, Sal Nitrs of each 10 Grains; Coloquintida in Powder five Grains; mix, and with fair Water make Pills for one Dose. These Pills are better, Take fine Aloes, Cambogia, of each 8 Grains; Coloquintida, Turpethum Mineral, of each five Grains, Sal Nitre 14 Grains, all being in fine Powder, with fair Water make a Mass of Pills for one Dose; but these are to be given to one of a very Strong Constitution.

69. *Dropwort-Root*, its Vertue: A Decoction of it provokes Urine, and expels Gravel, Cures the Heat of Urine, and removes the difficulty in making it. The Juice of the Root, and the Powder, are held to be successful in the Falling Sicknefs. The Dose is a Dram of the Powder, or Spoonful of the Juice of the Root in Wine. Its excellent in stopping Fluxes. It heals the Ruptures of the Belly, and cures the Bloody-Flux.

70. *Ducks-Meat*: It swims on the tops of Ponds, mostly in Summer time; it helps Inflammations, and St. Anthony's Fire; as also the Gout, when applied Poultice-wise with Barley-Meal. The Distilled Water of it is good against Inflammations inwardly, and Pestilential Fevers. It removes the Redness of Sore Eyes, and the Swellings of the Breasts of Women, if apply'd before they be grown too large. The Herb fresh, easeth the Pains of the Head, if caused by Heat or hot Inflammations.

71. *Duck or Mallard Pye* : Take two or more Wild Ducks or Mallards, and season them very well with Pepper and Salt ; lay them in a deep Pye with store of Butter, add two large Onions minced small ; when Baked, put in good store of melted Butter.

72. *Ducks or Teal to Stew*, First half Roast them, then take them off, and put them in a Stew Pan, with a Pint of Claret, and a pint of strong Broth, two Onions cut in quarters, a Bunch of Sweet Herbs, with a little bruised Pepper ; cover your Pan, and let them Stew till they are enough, garnish them with fried Bacon.

73. *Dulness of Hearing* : Take the Juice of Red Onions, and drop it into the Ears, stopping them with Cotton wool ; or the Juice of Briony root, but not too often, nor too much at a time ; and the Obstructions, by this means, being opened and removed, the Hearing will be recovered and restored.

74. * *Dutch Wafers to make*, Take new Milk or Cream a quart, pure white Biscate grated or beaten very fine, half a pound ; ten Eggs well beaten ; sweet Butter melted a quarter of a pound, fine Flower enough to make it like a thin Batter, Cloves, Coriander-seed, of each a little in fine Powder, Salt enough to season it, Ale yeast 4 Spoonfuls ; mix them well in an Earthen Pot ; let all stand covered before the Fire for 3 hours, that it may ripen ; then let th : Plates be made clean and hot, turn'd and butter'd ; tye the Butter up in a Rag, and turn them, that both sides may be hot over the Fire : Put in the Batter, and bake the Wafers well, but don't burn them ; lay them in a Dish, and serve them very hot, with grated Sugar over them.

75. * *Dwarf Trees for Gardening*. They bear special Table Fruit, as Apples, Pears, Plums, Quinces, Wardens, Cherries, &c.

1. *The Quince Stock is generally used, and best for Stocks for Pears* ; but for Dwarf Apples, the best Stocks are such as are raised of the Cuttings of other Apples. 2. *And in order to get such, such Stems or Branches as grow straightest, are to be taken in October from such Trees whose Cuttings will grow, and within the Place where they are to be grafted, are an Inch thick or more, and of an hand breadth below such Roots or Burrs as are on them ; for from them they principally put forth their Roots : let their tops be cut off, that they may not be above a yard long ; if they cannot be got so long of Quinces, shorter must do ; and cut off all side Branches close to the Body, except one small Twig near the top, for the Sap to vent it self : these are presently to be set in Beds, as the Seed Plants are. Their being a Foot above ground is enough, for they will shoot out Roots all along, almost to the top of the Ground.* 3. *But it being difficult to have a plenty of such Branches for Stocks, which have Burrs and Knots upon them, you must bring them upon your Branches thus.* The February before the Stems are design'd to be cut, directly above the Place, for about a Foot in length, fasten some Earth in an old Hat, or the like, about them, so will they put out Roots about October following, when they are to be cut off and set. 4. *Or else some wet Earth or Clay may be dabbed about the Place, and an Hayband wrapt about it, putting some moist Earth likewise between*

tween the Rounds of the Band, and so making fast its Ends. 5. If the Stem has no Bur before either of these ways be undertaken, then first let here and there a little slice of the Bark, about an Inch breadth, be taken away round about it, near the middle of the Place to be covered, as is before directed. 6. Such Trees as are apt to put forth Roots are only proper for this purpose, viz. The Kentish Codling, Genet Moil, some Roots of Sweet Apples, Bitter Sweets, Quince Trees, Mulberry Trees, and the Paradise Apple Tree.

76. * DWARF-TREE Stocks to raise. Stocks for Dwarf Trees are also raised by cutting down an old Tree, which is very apt to send forth good Suckers from the old Roots, and may at two years old be transplanted, or inoculated, where they stand before removed. 2. For Dwarf Pear Trees, Stocks may be raised for them from the Suckers of old Pear Trees, which if they give not, cut off the tops of some ill and old Pear Tree, and their Roots will send forth Suckers plentifully, which may be helped by making a Ditch or Gutter, so as to make bare some of the Roots, about 6 Feet distance from the Tree, or pulling up the Grass for their greater freedom to spring up. 3. Or the Roots may be bared, and a Cut given cross some Roots, almost to the Heart; from which Cut, clear the Root, raising up the loose part, and putting in a little Stone to keep it open, and then covered 3 Inches over with mould; and this is to be done, if possible, where a Bud or Eye is to be found upon the Root for the Sucker to shoot out at. 4. And the young Shoot is either to be inoculated where it stands, or removed to some other place,

after a years growth, and therewith cut off a Foot of the old Root. 5. For Dwarf Cherries and Plums, Suckers from the common red Cherry Tree, and ordinary Plum Trees are best. 6. For the grafting and inoculating of Stocks for these Dwarf Trees; it must be done as low as may be, with two Scions, and those longer than in grafting for large Standards, that they may spread themselves from the Ground; and when they have grown 2 or 3 years in the Places where they are to stand, they tye Hoops in the midst of the Branches to make them spread.

77. * Dwarf Trees to prune. It is to be so done as to make them hollow, and to branch low into as many Branches as you can. The same care must be taken for your Wall Plants, only as the one are to grow round, the latter are as much as you can be made to grow flat, that they may the better spread on the Wall. Leave, according to the strength of your Plant, more or less Branches, to grow out of the sides, for the farther Advantage, and also Ornament of the Dwarf.

78. * Dying of Wool of several Colours. 1. To Dye it black. Bruise Galls two pounds, green Copperas one pound, running Water two Gallons; boil all together, into which put the Wool, and boil it, then take it out and dry it. 2. To Dye it of a bright Hair Colour. First boil the Wool in Alom Water, take it out; and when cold, boil it again in Chamber-lye, mix'd well with Chimney Soot, stirring it very well; then take it out and dry it. 3. To Dye it perfectly red. Heat 3 or 4 Gallons of Water hot, into
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which put a peck of Wheat Bran; let it boil a little, put it into a Tub, put to it twice as much cold Water, and let it stand a Week: Then put into it 10 pounds of red Wool, a pound of Alom; heat the Liquor again to melt the Alom, and put into it 10 Pounds of Wool, which boil for an hour; take it again, and set on more Bran and Water; to which add a pound of Dyers Madder well bruised, put in the Wool and open it; and when very hot, stir it with a Staff, then take it out, and wash it in fair Water. After set on the Pot again, put into it a pound of Saradine Buck, boil it for a quarter of an hour, and put in the Wool again; stir it 3 or 4 times about, open it well; then take it out and dry it. 4. *To Dye it of a good Blew.* Take a good quantity of Chamber-lye, or Piss; blew Bice or Indico half a pound, beaten small; mix and boil; then put in the Wool and boil it, stirring it often with a Stick. 5. *To Dye a Puke Colour.* Beat Galls small in a Mortar, which put into boiling Water; then put in your Wool or Cloth, which boil for half an hour: Take it out, and put in Coppe-ras into the same Liquor which dissolve, in which boil your Wool again, which repeat once or twice. 6. *To Dye a Cinder or Ash Colour.* Put red Wool into your Puke Colour, and boil your Wool therein, and it will be of a Cinder or Ash Colour. 7. *To Dye Wool either green or yellow.* Boil your Woad in fair Water, into which put your Wool or

Cloth and boil it; if they are White, they will be dyed of a Yellow Color; but if Blew, they will come out of a Green Color: And all this with one Liquor, provided they be first boiled in Alom Water.

79. *Dysentery:* For this Disease, which many times proves very dangerous, Take the Dung of a Pig, dry it very well, and burn it till it becomes grey, into Ashes; put about half a dram of it into a spoonful of Vinegar, and drink it both Morning and Evening, and it will remove this Distemper.

Or this: Take the Herbs and Leaves of Fleabane, dry it by degrees, till it be reduceable to a Poulder; take about a dram of it twice or thrice a day in White Wine, or you may take it rolled up in Conserve of Roses.

80. * *Dysentery Vehement:* This is a singular Experiment: Take Catechu, Jesuits-Bark, both in fine Powder, of each half a dram: Opium dried and made into a fine Powder, one grain: mix them for a Dose. It never fails, being taken every Night going to Bed in a Glass of Ale or Red Wine, for six, eight, or ten Nights, more or less, as occasion requires. For such as cannot take the Powder, you may make the following liquid mixture. Take Tincture of Catechu (made in common Brandy) half an ounce, Tincture of Jesuits-Bark (made in half Red-Port Wine, half Brandy) two ounces: Liquid Laudanum, from ten to twenty drops, mix for a Dose, to be given in a glass of Red Wine every Night going to Bed for eight or ten days more or less, &c.

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1. **EARS** *Apostemated*: If you perceive any Apostem breeding in the Ears; To ripen it, take fine Wheat Flower an ounce and half, Fenegreek-seed, Goose-grease, Litharge of Gold, Ceruse and Frankincense, of each one dram; mix them together, and make a Plaister of them; lay it all over the Ear, having first dropt in some Oil of Myrrh; when 'tis ready to break, take Sarcocolla, Aloes, Dragons-blood, Myrrh and Frankincense, the Rust of Iron and Verdegrise, of each half a dram; mix them with Vinegar to a thinness, dip a Tent therein, and put it into the Ear.

2. **EARTH-WORMS** Prepared: To do this, that they may be kept for any use, you must only slit them down the middle, wash them well in White-wine or White-wine-Vinegar; then dry them in the Sun, and put them up into dry Boxes to make Pouders, or for other Uses upon occasion.

3. * **EARTH NUTS**, or Ground Nuts: *Bulbocastanum*. They are found in Middlesex, Surry, Norfolk, and several other Countries of England. Their Skin being peeled off, they are pleasant Food to be Eaten raw, Nourish much, increase Seed and Lust, and admirably strengthen the whole Man.

4. * **EARWIGS** to destroy. These Vermin in some Years prove very Injurious to Flowers and Fruits, by the greatness of their Numbers, seeding on and devouring them. They are destroyed by placing Hoofs or Horns

of Beasts, on Sticks among your Flowers, Dwarf Trees and Wall-Fruits, in the hollows of which they will creep; then early every Morning, taking them gently off the Sticks, you may easily shake them into a Pail or Bowl of Scalding Water, and so kill them.

5. **EBONRY**. The Decoction in Water of it, when Rasped or made thin in Shavings, is approved in Convulsions, Falling-Sickness, Consumptions, Gonorrhœa, or French P O X, and Kings-Evil; if it be drank Sweetned with Honey.

6. * **EELS** to marenate. Being kill'd, well scowred, scraped and cleansed, draw them, and wipe out the Blood clean, and wipe them dry; turn them up the Head first, and so round, till they be all up; Bind them up with Pack-thread; fry them with sweet Oil, with a gentle Fire, turning them often, till they are well done: let them cool; and when cold, put them into the following Pickle. Take White-Wine-Vinegar, enough to cover them, into which put some Salt; half a dozen or more Bay-leaves, sliced Ginger, large Mace and bruised Pepper: let all boil well together for a quarter of an hour; and when cold, put the Eels into it, pressing them down with something which may keep them under the Liquor: Cover the Pot close, and in a Weeks time they will be fit for eating, but will keep for 3 or 4 Months.

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7. **EELS**

7. * *EELS to stew.* When half stew'd in White-wine, with a little Salt, put to them some Horse-Radish, a bunch of Sweet-Herbs, a little grated Bread, an Onion quartered, and beaten Mace and Cloves as it boils: When they are almost enough, put in a little Butter, a Glass of Claret, with an Anchovey quartered; then after a Walm or two take them up.

8. * *EELS to roast.* Take a great Eel, slit the Skin a little way, and pull off the Skin, Head and all; parboil it till it will come from the Bone; shred it with some Oysters, Sweet-Herbs, and Limon-Peel, and season it with Salt: Scowre the Skin with warm Water and Salt, and then stuff it full with the former minc'd Meat; sew it up, and roast it with Butter; make Sauce for it with White Wine, in which 3 Anchovies are dissolved, and beat it up with as much Butter as may make it into a Consistent Sauce.

9. *EELS to Collar.* Take a large silver Eel, take out the Back-Bone, dry and season; (after its having been washed,) with beaten Nutmeg and Salt, cut off the Head, and roul in the Tail; being seasoned in the sides, bind it up close and straight in a fine Cloth; put it into a Pipkin, with as much fair Water and White-wine as will cover it upward of two Inches, of each a like quantity; season it with some Salt; and the Eel being put into the boiling Liquor, when it is boiled pretty tender, take it up; and when the Liquor is almost cool, put to it a little Vinegar, and make a Souce of it, adding some Blades of Mace, and a few Bay-Leaves; and when you intend

to use it, take it out of the Cloth, pare it, and dish it in Slices.

10. *EELS to Bake:* Cut your Eels, being washed, stripped, and well cleansed, into convenient lengths, have a convenient earthen Pot, that being put in, they may stand end-ways; and put to them a spoonful or two of Water, with some chopt Sage, Marjoram, Thyme and Rosemary-Tops, with a little Pepper, Shalots cut small; and when they are enough, beat up some Butter with White-wine, and the Liquor that comes from them, and laying them in a Dish, serve them up.

11. *EELS Hash'd:* Take two or three large Eels, bone them: when they are drawn and wash'd, mince them; then season them with some Cloves and Mace, and put to them Stewing Oysters, an Onion cut in four quarters and a little White-wine: stew them with these and an Anchovey or two on a gentle Fire; when they are enough, serve them up on Sippets, the Dish being garnish'd with some slices of Oranges.

12. *EEL-PYE to Season:* Take about eight silver Eels of a middle size, cut them in pieces; beat half an ounce of Cloves, Mace and Nutmegs, and a quarter of an ounce of Pepper, and some Salt; then take whole Mace, break it into little Sprigs, and lay it on the top; and add two pound. of Butter, placing it under and above the Eels in thin Slices.

13. *EEL and Oyster Pye:* Make Puff Past, and lay it into your Dish; then take great Eels and fley them, gut, and cut them in pieces, wash and dry them; lay

lay some Butter in your Pye, and season your Eels with some Pepper, Salt, Nutmeg, Cloves and Mace, and lay them in; cover them all over with great Oylers, and put in more of your beaten Spices and Salt; cover them with Butter, and put in two or three Spoonfuls of White wine; so close it, and bake it, serve it in hot.

14. *EEL to Roast*: Take a large silver Eel, draw off the Skin, and cleanse it; take a handful of Thyme, and Winter-Savory, Marjoram, Rose-mary and Sage; shred them small; mix them with about half a pound of Sweet-Butter, and a little grated Nutmeg and Mace; stuff it into the Eels Belly, sew it up, and then draw the Skin over him; prick it full of holes, to prevent breaking, so tie it to a Spit and roast it; saving what comes from it, to be beaten up with some Butter and White-wine for the Sauce.

15. *EELS Spitchcockt or Broiled*: Take a pretty large Eel, split it down the Back, and joint the Bone, but leave on the Skin, and cut it into four pieces of equal bigness; salt and baste them with Butter and Vinegar, broil them on a gentle Fire, and being well broiled, serve them up with Butter and Juice of Lemons.

16. *EELS Stewed*: To do this, you must cut the Eels in pieces of moderate lengths, and put them into your Stew-pan, with White-wine, Parsley shred, and some Capers; a few Chippings of Bread, and when it is enough, put in a good piece of Butter, and serve it up.

17. *EELS Frigay'd*: Take middling sort of Eels, clean them,

and cut off the Heads, and throw them away; cut them in pieces, put them into a Frying pan, with so much White-wine and Water as will cover them; put in whole Spice, a bundle of Sweet Herbs, and a little Salt, let them stew, and when they are very tender, take them up and lay them in a Dish; add to their Liquor two Anchovies, some Butter and the Yolks of Eggs, and pour over them. Thus you may make Frigacies of Cockles and Shrimps, &c. garnish your Dish with Lemon and Barberries.

18. *EGLANTINE*: Wild Briar. The Vertues of the Flowers are Astringent, for which reason they are used with Success in Fluxes of the Womb; the Fruit is in high esteem for its Lithontrip-tick Vertue; the Heads being ripe, afford a Pulp of a very pleasant sharp Taste, which some reckon good in Fevers, or to sharpen and restore lost Appetite. The Conserve of it is good against Spitting of Blood, and the Scurvy. The Root boiled in White-wine, and inwardly and outwardly applied, heals the Bitings of Mad Dogs. The Ashes of it cure the Heat of Urine, and kill Worms.

Take the Conserve of Hips and Wood sorrel of each one ounce; Cream of Tartar a dram; Conserve of Barberries half an ounce; and with the Juice of Lemons and fine Sugar, make these into an Electuary, and thrice a day take the Quantity of a small Nut. It is excellent in allaying the Heat of Fevers, and cooling the Blood.

19. *EGGS with Anchovies*: Break twenty Eggs into your Butter in a Dish, and set them

on Coals, take six Anchovies, and dissolve them in six spoonfuls of White-wine, and pour them into your Eggs; and having one handful of Pistaches beaten small in a Mortar, put them into your Eggs with a quarter of a pint of Mutton Gravy: If you please, you may leave out your White-wine, and dissolve your Anchovies in Mutton-Gravy: let not your Eggs be too stiff; then having a Dish full of Toasts, cut into large Sippets, lay your Eggs by spoonfuls on the Toasts, or else dish them otherways, with the Toasts about them, on the Brims of the Dish.

20. * *EGG-PYE to make.* Take choice Beef Suet, choice large Currants, of each a pound; shred the Suet small: Take 10 hard Eggs, mince them small; mix all together; add beaten Cinnamon, Nutmeg and Sugar, and season it with Salt, and then put it into a Crust or Crusts: When baked, put into it some Canary, with Juice of Oranges.

21. * *EGGS to Frigacy.* Take eight Eggs, boil them hard, cut them into Quarters; to which put a pint of strong Gravy, and half a pint of White Port Wine; season with a Blade or two of Mace, bruised Pepper, and a little Salt. Scald a little Spinage to make them look Green, with a pint of large Oysters to lay round the Dish. Put the Eggs into the Stew-Pan, with a few Mushrooms and Oysters, and rowl up a piece of Butter in the Yolk of an Egg and Flower, and shake it up thick for Sauce. Garnish with crisp Sippets, Limon and Parsly. A Side Dish.

22. * *EGG Omelet.* Take what quantity of Eggs you please,

beat them well; season them with Salt and bruised Pepper, if you like it. Put them into a Frying-pan throughly heat, with a good deal of fresh Butter, and 4 spoonfuls of Gravy; throw over them shred Parsly and Chives, and when enough, turn it on the other side; fry again, and serve it up, squeezing the Juice of an Orange or Limon over it.

23. *EGGS Fricassee.* Take twelve Eggs, Cream, Sugar, Nutmeg, Mace and Rose-water, pare and take out the Cores of some Good Apples, slice them very thin into the Pan, and Fry them in Sweet Butter, and when they are enough, take them up, and fry half the Eggs and Cream with more Sweet Butter, put in the rest of the Eggs and Cream, and lay the Apples round the Pan, and the Eggs that were first Fried uppermost. Dish them on Plates, and put to them the Juice of Oranges and Sugar.

24. *EGG Pye.* Take the Yolks of eight or more hard Eggs, and shred them small with their weight of Beef-suet, minc'd very small; put in one pound of Currants, four Ounces of Dates, stoned and sliced; some Beaten Spice, Limon Peel, Rose-Water and Sugar, and a little Salt, mix them well together; if you please, you may put an Apple shred small, so fill your Pyes, and Bake them, but not too much, serve them to the Table with a little Wine.

25. *EGGS Poach'd.* Boil Vinegar and Water together, with a few Cloves and Mace; when it boils, break in your Eggs, and turn them about gently with a thin Slice, till the White be hard, take them up, and pare away

away what is not handsome, and lay them on Sippets dipp'd in the Liquor the Eggs are Poach'd in, then take Vinegar and Butter, melt them together, and pour over and serve them in hot, you may put in a little Sugar if you like it.

26. *EGGS the Spanish way*: Take about twenty New Lay'd Eggs, break and mix them with a quarter of a Pint of Canary, and a quarter of a pound of Sugar, some grated Nutmeg, and Salt; beat them together with the Juice of an Orange, set them over a gentle Fire, keep them stirring till they begin to thicken, serve them up in a Dish with toasted Manchet and scraped Sugar; sprinkle them over with Orange Juice, Comfits or Sweet Wine, having dipt the Toasts before you lay them in the Juice of Oranges, Claret, or White-Wine.

27. *ELDER to Pickle, or any other Buds of Trees in the Spring*, that are used to leave for Spring-Sallets: Give them one or two walms with Vinegar, Salt, whole Pepper, large Mace, and a Lemon Peel cut in pieces; then drain them, and let the Buds and the Liquor cool severally, afterwards put them in a pot, and cover them with your Pickle.

28. *ELDER Water*: Take some Rye Leaven, and break it small into some warm Water (let it be a sower one,) for that is best, about two Ounces or more: Take a Bushel of Elder-Berries beaten small, and put them in an Earthen Pot, and mix them very well with the Leaven, and let it stand one day near the Fire, then put in a little Yell, and

stir it well together to make it rise; so let it stand 10 Days covered, and sometimes stir it; afterwards Distil it in an Alembick; keep the first Water by it self, and so the second, and the third will be good Vinegar: If afterwards you Colour it with some of the Berries. Distil it with a slow Fire, and do not fill the Still too full. This Water is excellent for the Stomach.

29. * *ELDER Wine to make*: Take Water 20 Quarts, Malaga Raisons clean pickt and shred 20 pounds; pour the Water boiling hot upon the Raisons; let them stand 10 Days in a Tub, stirring them now and then; strain it thro' a course Sieve. To five Gallons of this Liquor, put five pints of Elder Juice, (the Berries being first put into a Pot, and put into Balneo, or a Kettle of boiling Water,) strained through a Cloth, which when cold, put to the former Liquor: Tun it into a Vessel, and let them work; then Bung it up close, and let it stand till it is Fine, and Bottle it off.

30. * *ELDER Vinegar*. Take dried Elder Flowers, put them into several Double Glasses or Stone Bottles, fill them up with choice Wine Vinegar, and set them in the Sun, or by the Fire, or in a warm Oven, till their Virtue is extracted.

31. *ELECTUARY*: It is a certain Form of Medicaments, soft, made up of fine Powders, and thrice their weight of Clarified Honey, or of Pulps, and twice their weight of Honey, or some proper Syrup.

32. * *ELECTUARY Stomachick*: Take Barbadoes Green Ginger a pound, slice it small, and beat it to a pulp, to which put Pulp of Tamarinds,

kinds half a pound, or Syrup of the Juice of Citrons or Limons, three quarters of a pound : mix them, Dose as much as a Walnut three or four times a day.

33. **ELECTUARY** for Obstructions. Take Cinamon, Mace, the Roots of Asarabacca, Spikemard, Mastick and Saffron, of each in powder an ounce, wash'd Aloes 12 ounces, Clarify'd Honey 48 ounces; make these up into an Electuary. It powerfully opens Obstructions, yet purgeth but gently, and greatly cleanses the Stomach. The Dose is from two to three Drams,

34. **ELECTUARY** Purging. Take Rheubarb an Ounce, make it into Powder; then in a Marble Mortar, put about half a pound of Corranes clean pick'd and wash'd, and bruise'd as small as may be, strewing and incorporating the Powder of Rheubarb with them; and of it take in the Morning fasting, as much as an ordinary Walnut. This is good for Pains and Gripes, and especially Worms in Children.

35. **ELIXIR** for the Head. Take Mistletoe that grows on the Oak, Piony Roots, the Greater Valerian, of each an Ounce and a half; Laurel, Juniperberries and Piony seeds; of each an Ounce; Cinamon, Mace and Cubebs, of each six Drams; Flowers of Rosemary and Lavender, of each a handful: Bruise what is to be so bruised, and macerate them together twenty four Hours, in the Wine of Black Cherries, and Juice of the Lilly of the Valleys, and Spirit of Wine rectified, of each 24 ounces; then having distilled them, dissolve in the Water a pound of the best white Sugar, and a Dram of the Tincture of Ambergrease; keep it close stopp'd.

36. *** ELIXIR** Proprietatis. Take Saffron, Myrrh and Aloes, of

each an Ounce, the Rectified Spirit of Wine very near a Quart, Spirit of Sulphur per campanam an Ounce; draw in the first place, a Tincture from the Saffron into the Spirit of Wine, by infusing or digesting it six or seven days; then add grossly bruised Aloes and Myrrh, and the Spirit of Sulphur; digest them in a long Vial well stopp'd for the space of 30 days, but keep it frequently shaking, and you will find a Black Tincture on the Faces, pour that off, and let it stand still for 12 Hours, and so decant it till you find no Faces at the bottom. The Dose is fifteen or twenty, or thirty drops in a Morning, in a Glass of Wine, or some convenient Liquor.

This Elixir is Stomachick, Anodyne, Alexipharmick and Uterine. It has great Success in Tertian Agues, and may be safely given to all Ages and Constitutions. It alters, evacuates and strengthens.

37. *** ELIXIR** Salutaris. Take choice Sena 24 Ounces, Resinous Jal-lap in Powder 4 Ounces, choice Rheubarb thin sliced 3 Ounces, Liquorice bruised 6 Ounces, Elecampane in Powder 4 Ounces, Aniseed, Caraways, Coriander, of each 3 Ounces; Juniper Berries, Parsly Seed, of each six Ounces; Saffron, Cochenel, of each one Ounce, Raisons of the Sun stoned, 3 pounds, choice Brandy 10 Quarts; mix all together, and digest in a gentle Balneo for 14 days, shaking the Vessel once or twice every day; then strain all through Hippocrates's Sleeve, or a Flannel Bag, and keep it for use. Where Note, That you may omit the Raisons, if you so please, and at last dulcifie it with a Syrup made of Parsly Water, and double refined Sugar.

It is an excellent Cathartick, but a Cordial withal; it purges all Humors, and is good against Scurvy,

Scurvy, Dropfie, Jaundice, Stone and Gout. It prevails against the most vehement Colicks, Sicknes at Stomach, Faintings, Swoonings, Convulsions, and all sorts of Rheumatick Pains. It cleanses the Stomach, Bowels, Reins, Bladder and Womb, is good against the Strangury, and all Obstructions of Urine caused by Sand Gravel, or Tartarous matter in the Reins, Ureters and Bladder. It is also a singular Remedy for the Palsie, and restores such as are in Consumptions, if prudently used. Two or three Spoonfuls is a sufficient Dose for an ordinary Constitution; and so either more, or less, according to Age, Strength, Sex, Habit of Body, and other Accidents.

38. * **ELIXIR** Salutis by another Prescript. Take Sena 24 Ounces, Falap in Powder, 4 Ounces, Rheubarb thin sliced, 3 Ounces, Parsly seed, Juniper Berries, all well bruised, of each 15 Ounces, Saffron, Cochenel, of each one Ounce; Choice Brandy, or Sugar Spirit, 10 Quarts; mix all together, and digest in a gentle Sand heat for 14 days, shaking the Bottle once every day; then strain out, and sweeten it with Syrup made of Decoction of Parsly Roots, or Parsly Water, and double Refined Sugar. It is not inferior to the former, and has all the same Virtues, and the same Dose.

39. * **ELECAMPANE** Roots to Preserve. The fresh Root candied, or dried, and made into Powder, and mixt with Honey or Sugar, is very good in an Asthma, or difficulty of Breathing, and an old Cough. Being taken after Supper, it preserves from the Plague. Taken in the Morning, it forces the Urine and Courses. A strong Infusion of it for three Days in White wine, taken fast

ing, cures the Green-Sickness. A Decoction of it inwardly taken and outwardly apply'd, cures Convulsions, Contusions, Sciatica, and kills Worms in the Bowels; so also its Juice being drank. Its Infusion or Decoction in Wine drank daily, quickens and restores the Sight, strengthens the Memory, and prevails against the Lethargy, Carus, Drowsiness, Sleepiness, Vertigo, Apoplexies and Falling-Sickness. A Water distilled from it has in it much volatile Salt, which smells like Salt of Hartshorn, and has the same Virtues. Take the Roots, wash and scrape them very clean, cut them thin unto the Pith the length of your little Finger; as you cut them, put them into Water, and let them lie therein 3 days, shifting them twice every day, to take away their Bitterness, weigh them, and to every pound of Roots you must add 12 ounces of clarified Sugar; first boiling your Roots as tender as a Chicken, and so put them into your Sugar aforesaid, and let them boil upon a gentle Fire, until they be enough, then let them stand off the Fire a good while, and betwixt hot and cold, put them up for your use.

40. **ELECAMPANE** to Candy: Take of the fairest Roots, take them clean from the Syrup, wash the Sugar off, and dry them with a Linnen Cloth; weigh them, and to every pound of Roots, you must add a pound and three quarters of Sugar; clarify it well, and boil it to a Candy height; and when it is so done, dip in your Roots, three or four at once, and they will candy very well, so stowe them, they will keep all the Year for your use.

41. **E L M**: The Leaves, Branches and Bark of this Tree are Astringent.

gent. The Leaves bruised with Vinegar, stop Bleeding; and applied to fresh Wounds, facilitate their Cure; as also boiled in Vinegar very strong, they much avail in the Leprosie. The Bark of the younger Sprigs boiled in Spring-water almost to the Consistence of a Syrup, and a third part of Aquavitz mixed with it, is an excellent Remedy for the Gout in the Hip, if the Part affected with it be fomented before the Fire. The Water in the Bladders on the Leaves, clears the Skin, and mends the Complexion. Cloaths being wet in this Water, and applied, helps Burstiness in Children, the Bowels being at the same time kept up with a Truss.

42. * **ELM** Decoction. Take of the Bark of Elm six ounces, Cream of Tartar an ounce, Red Roses half a handful, Raisins of the Sun stoned twenty: boil them in a sufficient quantity of Water to a pint and half; dissolve in it Honey of Roses, and simple Oxymel, of each two ounces. It is an excellent Gargarism for Inflammations, and in hot Diseases that dry and parch the Mouth or Throat, or in such as afflict them with too much Phlegm and slimy Matter.

43. * **EMETICK** Tartar. Take Cream or Crystals of Tartar in fine Powder, three ounces, Crocus Metallorum in fine Powder, two Ounces, mix and boil them in an Earthen Pan or Pipkin, in a sufficient quantity of Water, for 7, 8, or 9 Hours, stirring it about almost continually, and putting in fresh Water as that which is boiling wasts away. Then whilst hot, strain it thro a Flannel-Bag, evaporate above half the Liquor, and set it to cool, so will it shoot into Crystals, which are Tartar Emetick, or Vomiting Tartar,

Where Note, That *Mynsicha* makes it with the *Cremor* and *Crocus* in equal quantities, which I think is the best proportion of the two. He declares it to be the best of all Emeticks or Vomits, for that it operates with much safety and gentleness. It cures all old Pains of the Head, Megrims, Frenzy, Madness, *Carus*, Lethargy, Vertigo, Epilepsy, Apoplexy, weakness of Memory, Melancholy, noise in the Ears, difficulty of Hearing, Vomiting, Wind in the Stomach, pains in the sides, Pleurisy, yellow Jaundice, Dropsy, putrid and acute Fevers, continual and intermitting Quartans, and such as proceed from Malignity. It is good against the Dysentery, Asthma, Catarrhs, Spitting of Blood, Phthisis, Obstructions of the Liver, Spleen and Mesentery, as also Scirrhus Tumors in any part of the Body; Dose a gr. ij. to 3 or 10, according to Age, Strength, and Habit of the Body.

44 * **EMETICK** Tartar from Vitrum Antimonij. Take Crystals of Tartar in Powder, three Ounces; put it into a Glass Matrass, and affuse thereon so much Spirit of Urine, or of Sal Armoniack, as to cover it two or three Inches thick: Being dissolved, put thereto Vitrum Antimonij Levigated, one Ounce; fair Water 10 Ounces; boil all in a Sand Furnace 8 Hours, putting more hot Water into the Vessel, as it consumes; then filterate, and evaporate gently in Sand all the humidity; so will a grayish white Powder remain, which keep in a Vial close stop.

It is good in Lethargies, Sleepiness, Dullness, Vertigo's, Apoplexies, Epilepsies, and other Diseases of the Brain. It cures Diseases of the Stomach, Liver, Spleen,

Spleen, Mesentery and Reins, Vomiting, Jaundice, Dropsies, Quotidian, Tertian, and Quartan Agues, expels Poison, and is good against the Infection and Malignity of the Plague, and in a word, has all the Virtues of the former Preparation. Dose from four grains to 15. in Broth or Gruel, or other fit Vehicle.

45. * E M E T I C K Wine. It is threefold, or of three sorts, I. *Vinum Benedictum*, or an Infusion of *Crocus Metallorum*. Take Levigated *Crocus Metallorum*, two Ounces, Mace 2 drams, Capary three Pints, infuse for 14 days, shaking the Glass every day, then let it settle: Dose from half an Ounce to an Ounce, and to strong Bodies, to an Ounce and half, with half an Ounce of Oxymel Simple, or Syrup of Limons. II. *Vinum Rubellum*, Vomiting Claret. Take Levigated *Vitrum Antimonij* two Ounces; Cloves sliced half an Ounce, Red Port Wine two Quarts, digest as before 14 days, close stopp'd. The Dose and way of giving it, is the same with the former. III. *Vinum Antimoniale*, Antimonial Wine. Take Levigated *Regulus of Antimony* two Ounces, White Port Wine a Quart, mix and digest in a Glass close stopp'd 14 days as before. The Dose and manner of giving it is the same.

All these three Preparations of the Emetick Wine, have the same Virtues, but the *Vinum Benedictum* is said to be the gentlest of them. They have the same, and all the Virtues of the Emetick Tartars aforegoing, and may be equally given in all the said cases, to which we refer you.

46. * E M U L G E N T Pessels. They are two large Arteries and Veins; the former, or Emulgent Artery, comes from the

descending part of the *Aorta*, or *Arteria magna*. The Emulgent Vein, from the *Vena Cava*. They are both inserted into the Kidneys; the Emulgent Arteries carry the Blood (with the Serum) to them. And the Emulgent Veins bring it back again to the *Cava*, and so to the Heart, after the Serum is separated from it by the Kidneys.

47. * E N D E M I C A L Diseases. These some call *Morbi Vernaculi*, and are indeed such Diseases as are peculiar to some particular Countries, and very common to the People of those places; proceeding from some Causes respecting those Climates, whether they be from the Air, as the *Kentish Air*, which gives Agues: Or if they come from both Air and Water, as Snow Water, which is much drank in the *Alps*, and *Switzerland*, where *Struma's*, &c. are the Endemick Diseases. Or from the Soil, as in *France*, where their Vines growing upon Rocky and Stony places, their Wine gives them the Gout and Stone. Or where the Air, Water and Earth conspire together, as in *Holland*, *Flanders*, &c. where the Reigning Disease is the Scurvy.

48. * E N G L I S H A L E and B E E R to Brew. 1. Heat a Hoghead of Water (in your Cauldron,) and cover it with Bran; when it is Scalding hot, put one third part of it into the Mashing Tub, and there let it stand, till the Steem is so far gone, that you may see your Face in the Liquor. 2. Then mix with, and stir into it, 4 Bushels of Malt, and let the remainder of the Water in the Copper, boil a little, after which put out the Fire, that the Heat of the Water may

may be qualified, before that you put it to the Malt. 3. When it is of a due heat, add it to the other part you put into the Mash before, and stir all well again; putting up two or three Shovels full of hot Coals, to take off any ill Taint of the Malt, and so let it stand two Hours. 4. In that time, heat a Hoghead more of Water, and when your first Wort is drawn off, put part of it upon the Grains, and stir in three Bushels more of fresh Malt; then add the rest of the Water, and stir as before. 5. After which, put your first Wort into the Copper again, making it scalding hot, and put part of it into a second Mashing Tub, and when the Steem is gone, stir into it three Bushels more of fresh Malt, after which, put upon it the rest of the Wort; stir well as before, and let it stand two Hours. 6. Put another Hoghead of Water into your Cauldron or Copper, and when what was put into the first Mashing Tub, has stood two Hours, draw it off, as also that Liquor in the second Mashing Tub, and take the Grains out of the second Mashing Tub, and put them into the first. 7. Put the Water which was scalded in the Copper to it, which let stand in the Mashing Tub about an Hour and half, and whilst that is standing, get ready another Copper of Water, of about an Hoghead, which put upon the Grains, and let it stand as before. 8. But Note, that in all the Mashings, (when you think the Liquor has stood long enough upon the Malt) before you draw it off, draw out some of the Liquor first, to see if it runs clear; if it does, draw it off, if not, sling it on again, and

let it stand till it does. 9. Take the first Wort, and boil it with Hops two pounds, for two Hours, or till you find the Wort to look Curdly; after which, boil the second Wort for Ale, with three quarters of a pound of Hops, for an Hour and a half. 10. The Hops which were boiled in the first and second Wort, boil in the remaining Liquor an hour and a half, which Quantity will make a Barrel of Strong Beer; a Barrel and half of Ale; and One Hoghead and a half of Small Beer. This is the way of Brewing your *March and October Beer*. 11. For the Brewing of Common Ale, or Small Beer: Take something above the quantity of a Barrel of Water scalding hot, which put into your Mashing Tub alone; let it cool till you can see your Face in it, and put to it 4 Bushels of Malt, putting it in by degrees, and stirring it in well. 12. Let them stand two Hours, (observing the former method in the Strong Beer) then draw it off, boil it an Hour and half in Summer, or an Hour in Winter; when it looks Curdled, it is boiled enough. Of this first Wort, you may make a Barrel of Ale. 13. This done, scald a Barrel of Water more, and put it upon the Malt, letting it stand an hour and half, which draw off, and put the same quantity of hot Water on again, (observing the Rules before directed,) and of this you may make an Hoghead of Small Beer. 14. When you put it together to Work, let not the Wort be too hot; and when you put your Yeast to it, put it to a small quantity at first, and add more and more to it by degrees: When it has Work'd 24 Hours in the Fat, Tun it up, leaving

leaving the Bung-hole open till it has done Working. 15. But if you Brew *Small Beer* alone, (making no other sorts.) two Bushels of Malt, and a Pound and a half of Hops, will make a Hogshead of very good Small Drink.

49. * *ENGLISH-ALE* and *BEER* after Sir *Jonas Moor's* Method. 1. For strong Ale, or *March* or *October Beer*, you must have eleven Bushels of Malt to an Hogshead of Ale or Beer; but you are to observe, that almost a third of the Liquor will be absorbed by the Malt, never to be return'd; and about a sixth part will be evaporated in Boiling: So that to clear a Hogshead of 54 Gallons from your first Wort, you must put into your Mash Tub about 90 Gallons of Liquor. 2. But for your second or third Worts (the Malt being already wetted) you need put up no more Liquor than you intend to make Drink, except an allowance of about a tenth part for Waste, that not boiling so long as the first Wort. 3. Of your second Wort you may make a Hogshead of good Middle Beer or Ale, as strong as the common Ale-house Drink in *London*: And of your third Wort you may make one Hogshead of good Small Beer. 4. Three Worts are here proposed, because of the great quantity of Malt, to a smaller quantity of Liquor: But for common Brewing, where you design not very strong, but good Table-Drink, six or seven Bushels of Malt will make one Hogshead of good *Strong Ale* or *Beer*, and another Hogshead of *Small Beer*. And in this Case two Mashings, viz. two Worts, will take out the strength of your Malt, as

well as three in the former. 5. The Hops may be half a pound to an Hogshead of Strong Ale, and a pound to an Hogshead, of ordinary Strong Beer, which is soon to be drank out; but two pounds to an Hogshead of *March* or *October Beer*. And for the *After-Worts*, which are not to be kept long, what Hops come from the first Wort, will serve very well to boil with them. 6. If you put into your first Wort, a greater quantity of Hops, and boil them all the while your Wort boils, you will make it too bitter. 7. You may therefore double your Proportion, by taking out the first parcel, when your Wort has boiled half the time you design it, and then adding the same quantity of fresh Hops again, to continue the boiling, till you take the Wort out of the Copper. This will somewhat increase the charge, but not equal to the Advantage you will reap by it. Hitherto, of the Proportions of the Materials, Sir *Jonas Moor's* method of Brewing follows in the next Section.

50. * *ENGLISH ALE* or *BEER* Brewed, Sir *Jonas Moor's* way. 1. Put the Liquor into the Copper, and strow over it 2 or 3 handfuls of Bran or Meal, not to strengthen it, but to make it heat quickly, for simple Water alone will be long ere it boils. 2. When it begins to simmer, before it boils, take it out of the Copper, for supposing the Boiling did it no harm, by evaporating its Noble Natural Spirits, yet it is a needless Expence of Fuel and Time, for first to make it too hot, and then to stay till it is cool again. 3. For you must by no means, mix your Malt with

boiling hot Liquor, for that will make it Clot and Cake together, and its most Flowery part will run whitish, Glewy and Sisy, so that as it will never kindly mix, so will it never yield its Strength into the Liquor. 4. Many put their Malt first into the Mash Fat, and then pour on the Liquor for the first Wort; but it is not the best way; but it can be no otherwise for the second and third Worts. 5. When therefore your Liquor is so cool, (being put into the Mash Fat) so as you can see your Face in it, then put in your Malt upon it, so will it sink gradually, and yield its Strength equally to the Liquor, without Matting or Clodding: If it descends or falls not fast enough, press it down with your Hands or Rudder, with which you use to stir your Malt in Mashing. 6. This must be done by degrees, shaking the Sacks over the Mash Fat, to shake out the Flower which hangs on them; and when the Malt is settled, and the Liquor swims upon it, put up into the Mash Fat, as much more hot Water out of your Copper, as will make in all 90 Gallons for one Hoghead of Ale or Beer; and stir it almost without ceasing, for about two Hours, from the first putting in of the Malt. 7. Then taking forth the Rudder, strow some dry Malt over it, cover it close, and let it stand an Hour still and quiet, that it may run off clear; the Malt being sunk, the Liquor at top will in drawing it off sink, and run thro' the Malt again, bringing away with it its Strength. 8. After this, lift up your Tap Staff, and draw out about a Gallon, not

into your Tub, or Back underneath, but into your long handle Jet, and stopping the Tap hole, put it again into your Mash Fat; this do 2 or 3 times, till you find it runs clear, which it will not do at first, tho' the Tap-hole be never so well fitted. 9. In the North of *England*, where the best Malt Drink is made, to make their Drink Fine, they let the first Wort stand in the Receivers, till it is very clear, and all its gross parts are sunk to the bottom, which will be done in about 3 Hours in Summer time, and in about 10 or 12 Hours in Winter; this they call *Blinking*, then leaving the Sediment behind, they only Lade out the clear Wort into the Copper again. 10. When all is run out into the Receiver or under Back, lade or pump out your second Liquor, which so order, as to be just ready to boil on your Malt; and putting your first Wort into the Copper again, let it boil pretty fast with the Hops put into it, for about an Hour and a half for *March or October Beer*, to be kept long: And but for an Hour for *Strong Ale*, to be drank presently. Let the Wort boil fast for the time, rather than to simmer long, because Experience shews, that it wastes less, and works better, by such a swift Boiling. 11. The Wort being thus boiled, must be Pumped or Laded off into one or more Coolers, in which leave the *Feces* or Settlings behind, and let it run off Fine. The more Coolers, and the thinner it stands, the sooner it cools in hot Weather. Let it run from your Coolers into your Tun very cool, and in Summer time set it not to Work, till it is as cool as Water; but

but in Winter, it must be near Blood warm at least. 12. In setting it to Work, put your Yeast into a Wooden Bowl, into which put some of the Wort, which mix together, hot enough to make it all Ferment; when it begins to Work up to a thickness, mix it again with your hand Jet; when it has work'd it self up a second time to a Yeast, (if you design it for Ale and speedy drinking, and it is Hopp'd accordingly,) beat in the Yeast every five Hours, for two Days together or more in the Summer time, according as the Weather is; and for 3 or 4 Days in the Winter, covering your Fat close, that it may not fall in Working.

13. The Yeast beginning to work sad, and upon the turning of the Concave of your Bowl downwards, sticking fast to the inside, then skim off the Yeast; first cleanse the rest into your Vessel, leaving all the Dreggs in the bottom of the Tun, and only putting up the clear. 14. After it has a little Fermented in the Vessel, you will find it in a few days Fine, and fit for Drinking, tho' according to the quantity of your Hops, you may proportionate it for longer keeping. 15. If you Brew in *March* or *October*, and have Hop't it for long keeping, you must then, in its second Working to a Yeast, (after once beating it in) cleanse it into your Vessel, with the Yeast in it, filling it up still as it works over, and when you stop it up, leaving a good thick Head of Yeast to keep it.

51. * *ENGLISH-ALE* and *BEER* ought to be put into good Casks. For present drinking the common Casks may do; but if

it is strong *March*, or *October Beer*, the Casks or Vessels ought to be large, and bound with Iron Hoops, containing 2, 3, or 4 Hogsheads, according to the quantity you make: For in large Vessels this sort of strong Drink keeps better, digests, mellows, and comes to a soft and kind Temper, much better than in lesser Casks. They ought also to be Iron hoop'd, else this *March* and *October Beer* may accidentally endanger the bursting of the Vessels containing it. Leaving the Peg-hole always open will pall it; but if it should chance to be fast in but 6 hours together in Summer-time, if a sudden Thunder, or stormy Night should happen, 'tis possible that the next Morning you may find your Cask has sprung a Leak, and that all your Drink may be found upon the Floor.

52. * *OBSERVATIONS* on Brewing *ENGLISH-ALE* and *BEER*. 1. Be sure that your Water is good, such as will bear Soap; for hard Water, which will not bear Soap, makes not only unpleasant Ale and Beer, but requires likewise much more Malt than that which is soft, in proportion to the hardness thereof. 2. Be sure of your having good Malt, the making of good Ale and Beer depends much upon it. The pale Malt is generally said to make the best and most pleasing Drink. 3. Tho' Malt is said to brew to the greatest Advantage, and to make more and the stronger Drink, if it is ground 6 or 8 days before it is used; for so it does as it were give, and become mellow, whereby it easier dissolves and mixes with the hot Liquor; yet I suppose there is

M a little

little in this more than the easier mixing with the Liquor. 4. To try the Goodness of Malt, put some of it into a Glass of Water; for what sinks is good, but what swims is of little worth. 5. Be sure of good Hops, such as are of a very strong and fragrant Scent, of a fresh and lively Color, large, whole, and not broken to pieces as little as may be. 6. A small Proportion of Wheat being added to the Malt, much helps for the keeping of the Liquor. 7. If Wheat Bran be boiled in the Liquor for making our ordinary Beer, it will cause it to mantle or flower in the Cup when it is poured out, which shews what a rich Spirit Wheat is endowed with. 8. If Wheat is Malted, and a small quantity of it be added to the Barley Malt, it will add much to the Strength and Softness of the Beer. 9. *March* is said to be the best Month for Brewing, and the Water then best: But some Wise and Considerate Persons, have found that *October* is the best Month for Brewing, having so many cold Months immediately succeeding it, to digest, ripen, and grow fine in; besides, it requires not such Watching and Tending it, as the *March Beer* does, in opening and stopping the hole, putting in, and taking out the Plug or Peg, on every change of Weather. 10. As for their Beer of five, six, eight, or ten Years old, there is not much in it; for in proportion to its time of keeping, they must add so much the more Malt and Hops, and then I think the advantage is but small. The Beer here prescribed, will keep a Year or two, or longer very well and it will be choicely good, if

it is drank at nine Months end: This *March Beer* may be drank about New Years Tide; and the *October Beer* about the *Midsummer* following, at which time it is generally best, or very good. 11. Your Vessel being stoppt up close at Bung with Cork, not with Clay, have near the Bung-hole, a little Vent hole, which stop with a kind of Peg or Spile, and never suffer it to be pluck't out, but when you Bottle or draw off a great quantity together; by which means it is kept so close stopp'd, that when you draw about a Quart, it will flush violently out of the Cock, and then stop on a sudden, and so will mantle and smile in the Glass like any Bottle Beer. 12. If once you pull out the Vent Peg, to draw a good quantity at one time, it will sensibly loose this briskness, and be some considerable time before it recovers it. 13. As for the second and third Worts, to make *Good Table Beer* and *Small Beer* of, no more need be said; for knowing how to manage the first Wort, you cannot be Ignorant how to manage the others. 14. That if your Ale or Beer do not Fine well, it will be much helpt, by putting into a Hogs-head, 2 or 3 Quarts of Old Stale Beer. 15. Thus where Beer, thro' Age, or some other Accidents, is grown very Stale, or begins to grow Stale, it may be prevented by putting into a Barrel, 3 or 4 Quarts of whole Wheat.

53. *OBSERVATIONS concerning the Boiling of the Worts and Hops. One Madam Nevil, an Ancient Lady, living in *Yorkshire*, being in *London*, gave me a Bottle of Ale: And after that she made me drink of a Bottle of

Beer;

Beer; both of them of her own Brewing in *Yorkshire*. I think they were the best, and the clearest or finest, and also the softest or smoothest that I ever drank in my whole Life. After I had drank of them with so good liking, she asked me, how old I thought her *Ale* was; and also how old I thought her *Beer* was? I answered, (not thinking but that they might be brewed here in *London*, or in some Village near *London*) that the *Ale* might be about a Fortnight old, and possibly the *Beer* might be about 3 Weeks o'd, they were both of them so soft, smooth and pleasant, tasting rather like New Brew'd Drinks than Drinks of any Age: She smiled at my Answer, and told me, that they were both of them above four Years old. I asked her how she made them to keep so long with so much softness, smoothness, pleasantness and briskness? She answered me that she had brewed her own Drink for above 50 Years in *Yorkshire*, and that it was judged by all that knew her, and had drank of her *Ale* and *Beer*, that they were absolutely the best which were brewed in the whole County. The Causes (said she) of the goodness and Excellency of my Liquors were, 1. That she always brewed with the best Malt. 2. That she allowed enough of it. 3. That she never boiled her Wort. 4. That she never boiled her Hops. First, She said, that without good Malt, it was impossible to make good *Ale* or *Beer*. Secondly, She said, that she always allowed Malt enough, for that replenished it with Spirits and Strength, and kept it from sowering, or

growing hard or unpleasant, for that small Beer, as it would not keep near so long as strong, so it would in vastly a less time grow hard, sower, and undrinkable: And this, (says she) is caused only from its deficiency of Malt; and for that Reason it is necessary, that it should be presently drunk out; whereas that which has more Malt will keep longer in proportion of Time to the Proportion of Malt. Thirdly, She never boiled her Wort; for (said she) I put in Malt enough, so that I have no need to boil away the Water, (which is one of the Pretences of boiling) for putting in less Water to your Malt, or Malt enough to your Water; there can be no reason in the World to boil the Wort. Besides (said she) the boiling of the Wort does it an Injury; for the Wort being replenished with the most subtil Flower of the Malt, it so unites it with the Lignor as to make it Glewy as it were (as is seen in boiling fair Water with a very little white Starch;) so that being so very intimately mixed therewith, it would require a vast longer time of Fermentation to separate the Mealy or Flowery Particles of the Malt from the Wort, in reducing it to *Ale* or *Beer*, to wit, above ten times the space of Time; so that such a long Fermentation must of course be prejudicial to the Drink, by evaporation of a great quantity of its Spirits, whereby it becoming weaker and less spirituous, it the more quickly grows hard, unpleasant, and decays; whereas the Wort which is not boiled, and has all the Strength of the

Malt in it, not being so intimately mixed with the flowery Particles, quickly lets them go by a very gentle and short Fermentation, and the *Ale* or *Beer* grows perfectly fine in the tenth part of the time, without any loss of its Spirits, by which means it is preserved for a long time soft, smooth, pleasant, strong and sprightly, and tastes more like New-brew'd Drink than any thing which is old or stale. *Fourthly*, She never boils her Hops, but only lets them warm and infuse, and scalds them in the first Water in the Copper, which is heat scalding hot, for the first Mash; and then they are either mash'd with the Malt, which was most usual with her, or else put into a Net-bag, and so put into the Tun, there to remain all the time of working, by which means you have the pleasant Gust only of the Hops, without that Styptick, Earthy, Harsh and Unpleasant Taste, which the Liquor attracts from them by boiling. For (said she) Hops have a noble and generous Fragrancy, and fill'd with highly volatil Particles, and a subtil Oily Matter above most other Vegetables in the World, which by boiling are all lost; whereas otherwise, by Infusion, they are only drawn from them into the Liquor, and so preserved, to be a Preservation to the same, without any of that pernicious Earthy Quality, drawn out of them by boiling, but with the loss wholly of that volatile and admirable generous and fragrant Flavor, with which that noble Flower is so prodigiously replenished. Besides (said she) observe in some other vegetable Productions, of a pure

and volatile Nature, as *Tea*, it is never boil'd, (for then it would be spoil'd) but only infus'd and scalded for some short space of Time; and by that means its whole Virtue is drawn forth, without loss of any of its excellent Properties: And why then should not the like Reason be observed in other volatile Vegetables? Especially in Hops; which in their superlative Volatility and Excellencies, a thousand Fold exceed that of *Tea*, or any other Vegetable Production whatsoever? This said, she assured me that she had used this Method of Brewing, with a continued and admirable Success, for above 50 Years together, nor ever found in her whole Course that she had any reason to alter it; for as much as her Ale and Beer had the Acceptation and Praise of all that ever drank it. This Lady was no Learned or Bookish Person, nor any Philosopher; but yet she talk'd like one, and was indeed a wise Woman, and endued with great Natural Parts.

54. *ENDIVE WATER*: This is an excellent cooling Water to mix with cooling Syrups, and to give in Fevers and hot Diseases: It allays hot Inflammations and the Heat of the Blood. The Herb eaten in Sallads raw or boiled, resists Choler. It prevents Heat breaking out, that deforms the Body with Pimples and Redness, and frequent flushings of the Face.

55. * *EN'S PRIMUM*. This according to *Paracelsus*, is the most efficacious part of any Natural mixt Body, Mineral, Vegetable or Animal, and being separated from their first Earthy Substance, he says will effect prodigious

digions things, even to the Renovation and Restoration of Youth: His Process is delivered very Obscurely, so that it is difficult to be understood. But Mr. Boyle has given us a Recipe from *Le Febvre*, by which he says the *Ens Primum* of any Vegetable may easily be obtained, and which he himself had tryed, an Example of which he has given us in the Herb *Bawm*, according to the following Process.

56. * **ENS PRIMUM** of B A W M. Take *Bawm*, or any other like fitting Herb, beat it to a soft Pulp or Mass, in a Marble Mortar; then put it into a Bolt-head, Seal it up Hermetically, digest it for 40 days in a Dunghil, or some Analogous heat. Afterwards take out the matter, which will now be more-Liquid than before; separate it from the Fæces or grosser parts: Digest it again in a gentle Balneo, that the remaining grosser parts may subside; decant the clear, filter it, and add to it the Fixt Salt drawn from the former Fæces, being dried and Calcin'd. To this prepared Liquor, add equal parts of the Liquor of good Sea Salt well purified, melted, and then made to run per deliquium. Seal then up the Mixture in a Bolt Head, and let it be exposed to the Sun for six Weeks longer; at the end of which, there will swim upon the Liquor the *Ens Primum* of *Bawm*, or of the Plant you have chosen, in a Liquid Transparent Form, sometimes of a green, and sometimes of a reddish color, according to the Nature of the Plant thus prepared.

Mr. Boyle says, that *Le Febvre* assured him in the presence of another *Ventuoso*, to whom he appealed for the Truth of the Fact, as having been made acquainted with the Operation: That a spe-

cial Friend of his, drawing the *Essence of Bawm*, tryed it upon himself for about 14 days, taking it according to *Paracelsus's* Direction: before the end of which time, the Nails of his Hands and Feet came off, without Pain, being succeeded by a set of New Ones; which convinced him so far of the Efficacy of it, that he having no need of any such help, left off taking it, and tryed it no farther. But giving it to an Ancient Woman of 70 Years of Age, who served in the House, it produced her *Menses* again, and that so Copiously, as did wonderfully startle the Old Woman. Mr. Boyle asking him why he did not try it upon Beasts, he told him he had not much of it, and therefore gave it but in a little quantity, which he did to an Old Hen, who on the sixth day, began to moult her Feathers, till she grew stark Naked; but before a Fortnight was gone, she had others come in their room, which were fairer and better colored than her former.

This is a very strange Relation, but it is easie to make Tryal of the matter of Fact, which it is worth the while to do, to prove the Truth thereof, since if it should succeed, it would be a sufficient Reward for all the Labour, Pains, and Cost.

57. * **ENS VENERIS**: It is made by Sublimation. Cyprus Vitriol being in Powder, is Calcined till it is of a dark Color, to which is added an equal quantity of Sal Armoniack; being mixt together, they are Sublimed, and yellow Flowers ascend, the Salt being so stained with some of the Particles of the Copper, contained in the Vitriol.

Mr. Boyle commends it as a

Specifick in the Cure of the Rickets, and Cachexies in Virgins and other Persons; as also to open all Obstructions of the *Viscera*, and restore lost Appetite. Dose is from 6 Grains to 20 Grains, in any fit Vehicle, every Morning and Night.

58. * *ENSIFORMIS Cartilago*, seu *Mucronata*. It is the lowest part of the *Sternum* or Breast bone; and because of its pointed Triangular Shape, it is called *Mucronata*, and *Ensiformis*. It is about an Inch or better long, and on the outside of it, a Cavity is formed in the Breast, called *Scrobiculus Cordis*, or the Heart Fit, in which a gnawing Pain is sometimes felt, and is called *Cardialgia*, to wit a Sickness at Heart, which is a Gnawing or Contraction of the Nerves called *per Vagum*, and the *Intercostal*, implanted in the Stomach, proceeding from a sharp, acid Humour in the Ventricle; so that the Heart being strained, and contracted by consent with the Stomach, occasions sometimes a Swooning away: So that the pain proceeds not properly from the Heart, but from the upper Orifice of the Stomach, which lyes under this Cartilage, and has the Name of *Cordia*, because of its great consent with the Heart.

59. * *ERRHINE*, what it is. It is a Medicine designed to Purge the Head and Brain, and parts adjacent, as the Eyes, Glands of the Thorat, &c. of Aqueous and Pituitous Humors, without making the Patient Sneeze, tho' taken up the Nose; and these are, I. *Liquids*, made of the Juices of Cephalick and Cleansing Herbs, extracted by themselves, or with Wine, or a Solution of

Sal Prunella, &c. Such are Juices of Primrose Roots, Lilly of the Vally, Asarabacca, &c. II. *Soft*, made of Honey, Extracts, Electuaries, &c. as Pouder of Scammony, and *Gutta Gamba* in equal parts, mixt with *Confectio Hazerch*, &c. III. *Solid*, as Pouder of Asarabacca Leaves, *Pilule ex duobus*, &c. which being made in the Form of a long Pellet, is called *Nasale*. By the use of these things, inveterate Headachs, Megrim, Vertigo, Apoplexy, *Carus*, Lethargy, Epilepsy, Madnes, Catarrhs, Ophthalmies, Distensions of Rheum upon the Eyes, and sometimes Blindness are Cured.

60. * *ERRHINE*, *Cephalick of Deckers*. Take Turbith Mineral one part, Rosemary Flowers two parts in Fine Powder, mix them. It is a great Medicine invented by that Great Man, and is good for the Cure of all the but just aforenamed Diseases. It is something dangerous, and therefore ought to be used with Care; but it is a truly admirable Medicament, if applied by a Wise Hand.

61. * *ERRHINE* of Asarabacca Leaves. Make Asarabacca Leaves into Fine Powder, of which take eight Ounces; Nutmegs in fine Powder, one ounce; Cloves in Powder two Drams; mix them, and keep it for use. Or this: Take Asarabacca Leaves in fine Powder, eight ounces, Winters Cinnamon in fine Powder, one ounce, Scammony in fine Powder half an ounce; mix them, and keep the Compositum in a Glass close stopp'd for use. These have all the Virtues of the former of Deckers, but nothing near so dangerous; yet very effectual, so that sometimes they will do Wonders, and therefore more safe and fit for vulgar use.

62. * FERRHINE Liquid. To clear a stuff'd Head and stopp'd Nostrils, which makes the Patient to breathe only through the Mouth. Take White-wine a quart; dissolve in it of pure Nitre an ounce, of this let the Patients snuff up their Nostrils pretty warm, letting it come out at the Mouth again so long till about half a pint is passed through this Passage; and to do this Morning and Evening so long till the stoppage is removed, which will be in some little time: This is to be done if the Obstruction is very great. But if the Obstruction is less, and not stubborn, let the Patient dissolve an ounce or more of Nitre in a quart of New Milk, or in a quart of Water, and use it in like manner warm as before, it will do Wonders. You may put either more or less of the Nitre, into that quantity of Liquor named, according as the Patient is able to endure it, whether stronger or weaker.

63. ERINGOS, or otherwise called Sea-Holly. It forces Urine and the Courses, expels Wind, helps the Jaundice, and eases the Gripes in the Belly and Stomach. The Roots candied, are reckon'd among Sweat-meats as very wholesome and pleasant, and are good Preservatives against the Plague, contagious Fevers, and infectious Airs: Those that have a Consumption would do well to eat them often. The Roots candied, cure a Gonorrhæa, and prove advantagious in contributing to the Cure of the French Pox. Some hold that being stamp'd and apply'd to the Bellies of Women, they prevent Abortion.

64. ERINGO-Roots to Preserve. Take one pound of them, fair, but not knotty, wash them clean, set them on the Fire, and boil them very ten-

der, peel off their outermost Skin, but break them not; and as you pare them, put them into cold Water, let them remain there until all be finish'd: you must add to every pound of Roots, three quarters of a pound of clarified Sugar, and boil it almost to the height of a Syrup, then put in your Roots, but look they boil very gently together, with as little stirring as may be, for fear of breaking, until they be enough: When they are cold, you may put them up, and keep them for your use.

65. ERINGO Roots to Candy. Take and boil them pretty tender, peel, pith, and lay them together; take their weight in Sugar, and put into it as much Water as will melt it, put in your Roots, and let them boil softly, until such time as the Sugar is drawn into the Roots; take them and turn them, and shake them until the Sugar be dried up; then lay them to dry on a Lattice of Wire till they be cold: after this manner you may candy any other Roots.

66 * ERYSIPELAS what. It is call'd Anthony's Fire, and is a hot fiery Swelling in the Skin, in any Flethy or Membranous part, red, broad, with small Pimples, but not growing or swelling high, nor beating, but attended with heat and a pricking sort of Pain, arising from a sharp and Sulphureous Blood mixed with sharp and Sulphureous Humors, protruded into the Skin from the terminations or ends, of the Capillary Blood Vessels and Nerves, replenishing the Part.

67. ERYSIPELAS: This is a very strange Dissemper, for all parts of the Body, with the Face especially, are swollen red, and full of Pains, overspread with little thick Pimples, which some-

sometimes rise into Blisters, and the Eyes seem to be closed with the Swellings, Coldness, Shivering, and the like. In this case, take of Lilly roots and Marshmallows, roots, of each an ounce; Camomil flowers, Elder and Base Mullein, Melilot, Tops of St. John's-wort, and the lesser Centaury, of each a handful; Fenugreekseed and Linseed, of each half an ounce; boil them to three pound in a quantity of Water sufficient to do it; strain out the Liquor, and when you design it for use, add two ounces of the Spirit of Wine, and in this Water so strained out, dip pieces of new Flannel, and having squeezed them, apply them hot, and lay over the Parts so grieved after fomentation, the following Prescript.

Take half a pint of the Spirit of Wine, Treacle two ounces, Long-pepper and Cloves in Powder, of each two drams; make these, by mixture and infusion, as strong as may be; and being strained, dip Cap paper into the Liquid so strained, and apply it wet and warm to the afflicted part; and for the more speedy Remedy, the Party may take a Clyster of Milk with Syrup of Violets, and cooling Emulsions and Juleps. This Application is said to cure it, by attracting the Heat out of it.

68. * ERYSIPELAS cured by the Blood of a Hare. An experienced Remedy for this, is the Blood of a Hare, best in March, but at other times may serve: Take it hot if you can, and anoint the Place infected with it; otherwise apply a Linnen Rag, that has, though a good while since, thoroughly imbibed the fresh Blood, and dried in the Air; but if it be too hard or stiff, soften it with a little fair Water, the cold taken off.

69. * ERYSIPELAS otherwise cured. I am not for fiery hot Medicines in the Cure of this Disease, because it proceeds from a hot fiery and Cholerick Humour. Things moistening and moderately cooling or temperate ought to be applied, as an Embrocation, or fomentation of a decoction of Mallows with Oil of Sweet-Almonds: a Cataplasm made of White Bread and Milk, (without any Oil or Fat, for that unctuous fat things are apt to stop the Pores and inflame) is good, because it opens the Pores; and causes the fiery matter to transpire. Henricius applies Castile-soap dissolved in fair Water: He also applies a Cataplasm of Bulls or Ox-dung, boiled with Vinegar in a Frying-pan, adding Camomil and Elder Flowers, boiling to a Consistency: and he has a third Medicine, which is Frog-spawn Water two ounces, mixed with Rose Vinegar one ounce, in which he dissolves a little Myrrh. The Juice of Horse-dung is not only good in this case, but also for Scaldings and Burnings, if a little Camphire in Powder be added to it: And among all the rest, nothing exceeds Bulls-Blood to be anointed upon the Place affected, for it powerfully resists the increase of the Disease: And the Ceratum infrigidans Galeni is also of good use to lay over the place affected thus made. Take Oil of Roses a pound; White-wax four ounces; mix them: but if boiled up with Juice of Nightshade, it will be so much the better. Things fat, oily and greasy, as also Narcotics and Repercussives, viz. things cold and dry are to be forborn, lest a Gangreen ensues. See the Cure of this Disease in my *Art. Chirurgica*. lib. 3. cap. 17. now published.

70. * ESCHALOTS; called most commonly Shalots, or Shelots. They were Strangers in England till

till of late Years; but being brought hither out of *Italy* and other Parts, they thrive very well, and are now become Natives with us. They are stronger than *Onions*, and yet not so offensive, but are much more grateful to the Stomach and Palate. They are planted, encreased and managed, after the same manner as *Garlick*, only they are to be set earlier, because they spring sooner, and are to be taken up out of the Ground as soon as the Leaves wither, for long after they must not lye in the Earth; for either they will rot, or else in the Winter the cold will kill them. They are admirable Stomaticks, and give a fine and pleasing Relish to most Sauces, and to Meat it self, beyond whatever *Onions*, *Garlick*, or *Chives* can do; and tho' stronger than *Onions* (as aforesaid) yet make not the Breath of those who eat them offensive to others. They encrease well; but being planted two or three years in the same Ground, are apt to degenerate: A Distilled Water from them is good against the Stone, Gravel, Sand and Tartarous matter in the Reins and Bladder. Their Infusion, (being Sliced) in White Port Wine, does the same thing. Being eaten raw, they Fortifie the Stomach, and are good against Scurvy Dropsy, and Gout, and remove it out of the Stomach, if it be there; and restore lost Appetite, where the Tone of the Stomach is hurt through Cold.

71. *EVIL*: For this, commonly called the *Kings-Evil*, take Cattle-Bone uncalcined, scrape off the outside, or that which is Coloured, dry the White part, and beat it to Powder very fine,

and take half a Dram in a Spoonful of Mallow-Water.

For outward Application, nothing is better than an Ointment made of *Pilewort*-roots, or the same Ointment mixt with a proportional quantity of *Quick-Silver*. And for Internals, let the Patient purge with *Pilulæ ex duobus*, taking it twice a Week, from a Scruple to half a Dram, for a quarter of a Year together: But the greatest Cure of this kind, that I ever knew done, was performed by a constant taking of my Family Pills for some considerable time.

72. *EXCORIATION*: This is when the Cutis is affected; then take *Prunella*, called in *English* *Self-Heal*, bruise it well in a Mortar of Glass or Stone, and apply it to the Part afflicted, renewing it but seldom, and sometimes not at all.

Again, melt Mutton Suet of the Kidneys, freed from Fibres or Strings, two Ounces; add by little and little a Dram, though in small Matters, half a Dram may serve, of Oil of Turpentine; spread the Mixture on a Linnen Cloth, and apply it to the Part afflicted by binding, or otherwise.

73. *EXPECTORATION*. This is designed to ripen Coughs, and dissolve Phlegm. To do it, Take hard *Onions*, fry them with Sweet Butter, or first with a little fair Water, to take away their strong Taste; then take them out of the Pan, and boil them with New Milk till it be well impregnated with them, and they become tender: Mash them together; and for your better Accommodation, you may scrape among them some Sugar-Candy, it matters not whether white or brown, and put it up in a Gally-Pot, taking Night and Morn

Morning, two or three Spoonfuls.

74. **EYES Sore to Cure, and Sight to preserve.** Take half a pint of Spring Water, six Ounces of Red Rose water, one Spoonful of the best *Lapis Calaminaris*, one dram of the best *Aloes Succotrina*, one dram of Camphir; make all these into fine Powder, and put them into the Waters in a Glass-Bottle, and shake it almost an Hour, and set it in the Sun, shaking it once a Day for 9 or 10 Days. This will keep twenty Years Good.

75. **EYE WATER.** Take two Drams of *Lapis Calaminaris*, and two Drams of prepared Powder of Tutty, and half a Pint of White-Rose-Water. It is an Old Fashion'd Eye-Water: But will be much more effectual to be thus made. Take Levigated Powder of Tutty and *Calaminaris*, of each two ounces; Camphir in fine Powder, white Sugar Candy, Opium in powder, of each half an ounce; White Wine, Rose Water, of each a Pint and half; mix them.

76. **EYES Blistered.** Take Saffron half a Dram, the Juice of Sloes a Scruple; mix them with Rose-water, and beat them into a fine a thinness as you can with the White of an Egg, and drop a little of it into the Eyes, and anoint the Eye-Lids with it when you go to Bed.

77. **EYEBRIGHT.** It chiefly helps and strengthens the Sight, and cures such Diseases as are incident to the Eyes. The Distilled Water wonderfully strengthens the Sight, and the Juice is very good on the like Account. Divers knowing *Oculists*, order the Parties, whose Sights are defective, to use this Herb in Sallads, and in their Broths, and Drink.

78. **EYE Bruised.** Take Betony and Eyebright Water, of each a Spoonful; drop three or four drops of Clarified Honey into it, then shake them together, dip a fine Rag or Cotton into it, and lay it to the Part grieved.

79. **EYES Burnt or Scalded.** Take Mucilages of Quince-seed, Fleawort, Linseed and Fennugreekseed, of each a Scruple: mix them, and apply it to the Part.

80. **EYES to Cure.** If the Eyes be dull, cloudy, or specks, spots, films, &c, begin to appear on them, Take (*Paracelsus*, *Zibethum Occidentale viz.*) Human Dung of a good Colour and Consistence, dry it by degrees moderately, till it be capable of being reduced to Powder, then powder it and searce it very fine, a little of which must be blown once or twice a day into the Eyes, as the Nature of the Defect requires; then keep it in for a time, by closing the Lids, and so wash it off with Eyebright Water.

81. * **EYE Powder of Crystal.** Take Crystal Calcined and Levigated upon a Porphyry to a Subtil Powder, one ounce; clarified Honey two ounces, mix them, and put thereof into the Eye Morning and Night; it removes Films, Pearls, Clouds, Spots, and other external Blemishes of the Eye: The same thing Flints Calcined and Levigated do, being used in the same manner.

82. **EYES Foul, A Water.** Take prepared Pearl and Coral, of each a Scruple, Aloes finely powdered three Grains, red Rose Water and Succory, of each an Ounce, mix them well; and if you would have the Mixture stronger, put in a few Grains of *Trochisci Albi Rhafis* in fine Powder, and wash the Eyes with it as you see occasion.

83. **EYES**

83. **EYES INFLAM'D,** or *Blood-shot.* Boil a new-lay'd Egg hard, cut it in halves without taking out the Yolk, and apply one of these considerably warm, but not too hot, to the Eye griev'd; and keep it on, if need requires, six or eight hours, and it will draw away the Heat: or you may make a Poultis with it and rotten Apples; and apply it in the same manner.

84. **EYES INFLAM'D:** Take the Juice of a rotten Pippin; some Hen dung, that of it which is the whitest; beat the white of an Egg very fine, burn the Hen dung to Powder, put the Apple-juice to the White of the Egg; add Loaf-sugar finely scraped: and having well mixed them together, dip a Feather in them, and drop a few drops into the Eyes, winking hard to keep it in; and by often so doing, you will find the Pain, Redness and Heat abated.

85. Or This, (especially if the Sight be weakned with the long continuance of the Inflammation, or any other matter,) Powder very small a whole Nutmeg, so that being dried well, it may be sifted thorough a fine Laxn: add a small quantity of burnt Alom and fine Sugar as finely powder'd: mix these together, with two ounces of Damask Rose-water, and two ounces of choice Brandy; and after it has stood a day, let the Patients wash their Eyes with the clear Liquor Morning and Evening, also five or six times a day besides: The Powder also undissolved may be put into the Eye Morning and Evening.

86. **EYES PAINED,** an Ointment. Take Sheeps Suet, Oil of Ren, of each an ounce, melt and mix them together; to which add,

Tutia prepared six drams, Lapis Haematitis washed one Scruple, Aloes washed and powder'd twelve Grains, Seed-pearl finely powder'd 30 Grains; and so over a gentle fire make it into an Ointment with a little Fennel-water. And in case of any grief in the Eyes, you may use it with success by anointing the Eye-lids, and Corners of the Eyes, for present ease.

87. **EYES PAINED:** For the extraordinary Pain or Heaviness in the Eyes, Take Flowers of Melilot, of Elder and of Marigolds, of each a small handful; Linseeds, Fenugreek, Fleawort, Cummin and Quinces, of each half a Scruple; French Barley half an ounce, Spring water a pint and an half: mix, boil and strain these well, and with the Decoction foment the Forehead and Temples considerably warm.

88. **EYE SALVE:** Take Starch three quarters of an ounce, Tutia prepared in Rose-water half an ounce; Sheeps-Suet, Oil of Ben, of each half an ounce: melt and mix them well together; anoint the Eye-lids, Fore-head and Temples with it. It remedies Inflammations, Pains, Wounds and Blood-shot Eyes.

89. **EYE-LID Sore:** Take Tutia and white Sugar-candy, of each half a dram: Powder of Red Roses a dram and an half, the Crumbs of white Bread half an ounce; Barley-flower an ounce: make these into a Poultis, and lay it to the Eye on a fine Cloth.

90. **EYES-SPOTTED:** If any Spots appear growing on the Eye, take fine White-Paper, let it flame away upon a clean Pewter Plate, till so much Oil of the Paper sticks to the Plate as you have occasion for; so blow off the Ashes of the Paper, and with

a little of your Spittle mingled with the Oil, mix it with your Finger, or some other convenient thing, into an Ointment; which with a Feather apply gently to your Eyes once or twice a day, as need shall require, or as you can bear it; for it will make the Eyes smart, but in a little time you will find the benefit of it.

91. **EYES RED.** Take three Grains of Camphire, and a large Blanched Almond; incorporate them well by Grinding them, and add by little and little, two or three Ounces of Red Rose Water, still Grinding them till the whole be brought to a kind of Emulsion; drop a little of this in the place affected, and it will, by often so doing, ease the Pain, and take away the Redness.

92. **EYES Red and Fiery:** Take Ground-Ivy, Single Dulse-Roots and Housleek; distil them, or for want of that convenience, press out the Juice; dissolve in two Ounces of the Water or Juice about a quarter of a Spoonful of clarify'd Honey, and suffer them to depurate by residence; then drop it into the Eyes, two or three drops at a time, and continue so doing four or five times a day.

93. **EYE-WATER:** Take Gum-Arabick, Rose-leaves, Saffron, Spikenard, of each a quarter of an ounce; beat them small, and make Cakes of them with Spring-water; and when you are to use it, take a dram thereof and steep it in the White of an Egg well beaten, and wash the Eye with it; and by often so doing, it will not only repel the Matter, and consume the Pain, but produce a clearer Sight than usual.

Or, Take Juice of Fennel well clarify'd an ounce, Aloes, two Drams and a Half, Leaf-Gold one Leaf; mix them well together; then add Myrrh ten Grains, and dissolve them in White-wine; mix them all together with Fennel and Rose-water, and drop three or four drops of it into the Eye twice a Day.

94. * **EYE-WATER,** very Excellent. This is inferior to none: Take fair Well-Water a quart; Brandy half a pint: White Vitriol in Powder six drams; Roch-Alom in Powder three drams; Aloes in Powder a dram and half: Regulus of Antimony in fine Powder, tied up in a Rag, a dram: mix, dissolve, digest ten Days, then filter, and keep it for use, keeping the Regulus continually in it. This takes off Pearls, Films, and whatsoever obfuscates the Sight which is external, stops fluxes of Rheum, and strengthens the Eyes.

95. **EYE-WATER.** Another: Take Red Rose-Water, and Water of Plantain, of each half a pint, Tutia prepared half an ounce, Lapis Lazuli prepared, Red Coral prepared; of each three drams: mix and make them into a Collyrium, or Eye Water. This dropt into the Eye, being first very well mixed by shaking, wonderfully revives and clears the Sight, provided there be no great foulness nor scrophulous disposition of the Body, or temperament of the Party. It takes away the Redness from the Eye-lids, if a Sponge be dipt in it, and often wetted with it: it also takes off thin Skins very easily.

96. **EYE-WATER,** Another: Take the Flowers of Cornflower, or Blew Bottles gathered with their Cups; bruise and infuse them in Water twenty four hours.

hours at the least, in a moderate Sand heat, then decant it.

This Water being very Cooling, most effectually cures the Infirmities of the Eyes, especially those that are troubled with Inflammations. It clears, strengthens and preserves the Sight.

97. * EYE-WATER. Take May-Dew two quarts; White Vitriol, Common Salt; of each half an ounce: mix and dissolve, and keep it in a Glass Bottle for use. It is to be dropt into the Eye two or three times a day, or as often as you see convenient.

98. * EYES with FILMS, &c. Take an Egg, break off its Top; take out the Yolk; and to the White add a little fine powdered Salt, set the Egg on the Fire till it comes to a Powder: which being made very fine, mix it with Honey, and keep it for use. If there is any Sore or Ulcer in the Eye, or any Film, or Skin growing over it, you are to put of this Medicine into the Eye with a Feather Morning and Night, and it will cure; but if you find it not strong enough to eat off the Skin, then blow the Powder alone into the Eye with a Quill: If any great Rheum follows the Eye, *Emplastrum de Minero*, or *Empl. de Ranis-cum Mercurio*, may be applyed for some little time.

99. * EYE-WATER, Another Recipe. Take Alehoof 4 handfuls, beat it in a Marble Mortar, with the Whites of 6 hard Eggs; add White-wine half a pint, White Rose-water a quarter of a pint, White Vitriol, Sugar Candy; of each an ounce and half: beat all together; adding also White Salt, an ounce: cover the Mortar, and place it in a Cellar

for 8 or 10 hours, or more, and then strain thro' a Flannel Hippocras Bag, which Water preserve for use. Drop it into the Eye Morning and Evening. There are few Rheums which this Water will not cure.

100. * EYE-WATER Compound. Take Lapis Calaminaris one ounce; heat it red hot, and quench it in a Pint, or Pint and half of White Wine ten times; then beat it into Powder, and put it into the Wine, adding thereto Turty half an Ounce, half a Pint or better, of white Rose-Water, 3 drams of Camphir dissolved in Spirit of Wine; half an Ounce of fine Aloes in fine powder, or Tincture of the same Aloes extracted with D.R.W. mix altogether, and keep it for use. It cures sore, dim, and Blood-shot Eyes, being dropt into them 2 or 3 times a day.

101. * EYE-POUDERS to eat of Films, &c. Take white Vitriol, white Sugar-Candy, of each in very subtil powder, an ounce, mix and keep it for use, to blow into the Eye twice or thrice a day.
2. Another: Take Alabaster, Egg-shells dryed in an Oven, of each a like quantity; reduce each a part into a very subtil powder; which blow often into the Eye with a Quill.
3. Another, Take Black Flints, beat them red hot, and quench them in Water, which repeat several times; then Calcine them in a Reverberatory, and afterwards reduce them to a Subtil Powder by Levigation.
4. Take fine Verdigrise well prepared with Vinegar, burnt Alum, Sugar-Candy, of each equal parts, in very subtil Powder; mix, and keep it for use in a Bottle close stopp'd. Blow it into the Eye once or twice a day, or mix it with Honey, and so put it into the Eye.
5. Take the round Birthwort Root in fine Powder, Lapis

Lapis Tutia Levigated, **Lapis Calaminaris Levigated**, of each an ounce; mix them. This may be blown into the Eye through a Quill, several times a day; or else mixt with Honey, and so put into the Eye, binding the Eye down for a while.

102. * **EYES** Afflicted with a Scalding Rheum. Take fine Bole Armoniack Levigated an ounce, Saccharum Saturni in fine powder 2 drams, Camphir (made in fine Powder with a few drops of Spirit of Wine) a dram; mix altogether, and keep it in a Glass close stopp'd for use. Blow it into the Eye 3 or 4 times a day, and it will Cure in a short time. But if the Fluxion is very vehement, scalding hot, and of long standing; you have nothing to do more, but 3 or 4 times a day to drop into the Eye or Eyes, Pure Simple Brandy; this will not fail, and will certainly do, after all other things have been used in vain. I speak this from my own Experience, and from an Example of above three Years standing.

103. * **EYE-WATER** most excellent. Take Saffron half an Ounce, Cochinele in very fine Powder an Ounce, mix and infuse them in Canary a Quart, for a Month, shaking the Bottle twice or thrice a Day, and let it stand upon the Fæces for a Month longer: then decant the clear Tincture, and keep it for use. Take choice Damask Rose-Water, choice French Brandy, of each a Gallon; of the former Tincture half a Pint, mix them, and keep the mixture in a Glass bottle close stopp'd for use. This is one of the best of all Eye-Waters, for it not only stops Fluxions of hot Rheum into the Eyes, helps Ophthalmies, or Inflammations of the Eyes, and Blood-snot, Cloudiness and Dimness of Sight, heals Sores and Ulcers in the Eyes, and cures most Diseases happening to them; but also so clears the Sight, and strengthens the Eyes and Visive Faculty, that those Diseases very rarely return any more, at least not without a New Cause; and so any Disease, tho' never so well Cured, may return again.

F A

F A

1. * **FABÆ, BEANS.** A Simple Distilled Water from the Flowers, or from the green Stalks, is a singular Diuretick, good against Stone, Sand, Gravel, and Tartarous Matter in the Reins, Ureters and Bladder; and being applyed to the Skin, it is said to clear it of Freckles, Pimples, Tanning, Sunburning, and other Deformities thereof:

So also A Decoction of the Shales in Water, do all the same things, and are much more powerful for the same purposes. The Beans themselves Boiled and Eaten, Cure Diarrhœas, and all other Finxes of the Belly, chiefly the Bloody-Flux, and strengthens all the Bowels, cleansing withal the Reins and Bladder, especially if boiled in Milk, and so eaten Morning and Night. The Ashes

of Bean Shales, and Bean Stalks, being made into a Lixivium, and taken in a due Dose in the former Decoction, has all those Virtues double; and if it be mixed with the aforesaid Distilled Water, it makes it of ten times more Excellence, not only in provoking Urine and expelling Stones, Gravel, and Tartarous Matter from the Urinary Parts, and clearing the Face and Skin from all kinds of Deformities, but it has also been found to be a singular good thing in Curing the Dropsy, by carrying off the Watery Humour by Urine.

2. * *Fabæ* BEANS their Volatile Salt. They yield a greater quantity of Volatile Salt, than any other Vegetable, and it is Extracted after this manner. Take whole dry Garden Beans, or rather Horse or Field Beans, 4 or 5 pounds, put them into an Earthen Retort, or a Glass one well Luted; put it into a close Furnace of Reverberation: Lute it to a very large Receiver, stop the Registers of the Cover of the Furnace, and kindle in the Cinder hole a small Fire, only to warm the Retort, and Beans within it, which keep so for an Hour: Then begin to kindle a Fire in the Hearth Place, which let be very small for an Hour longer, after which, increase the Fire Gradatim, from Hour to Hour, but not to excess. In the mean Season, you will see descend into the Receiver, the Aquorous parts of the Beans, in large Quantity. After this, give a little Air to the Register of the Cover of the Furnace, on the Receivers side, continually augmenting the Fire, till you see the great Ball to be filled with white Clouds, which will condense by Degrees into Liquor; the Oleaginous and Salt parts sinking to the bottom of the Vessel. Keep now an equal Fire for

about two Hours, giving a little Air to the Register, after which, open it for altogether, giving a more violent heat, and at length a Flaming Fire, which continue till the Vapours cease, and the Receiver is clear: Let then the Fire go out, and the Vessels cool. In the Receiver you have much Flegm, mixt with Oil and Spirit, and Volatile Salt; so penetrating, that you will not be able to hold your Nose and Eyes over the Mouths of the Vessels. Put all these matters immediately into a Bolt Head with a long Neck, covered with its Head well Luted, and fitted with a Beak and Receiver. Place it in a Sand Heat, (in a cool Airy Place) so will you see the Volatile Salt ascend by little and little, and coagulate it self in the Head (which you must often cool by double Cloths dipt in cold Water,) to hinder the Dissolution of the Salt. This Salt with all the haste that may be, take out of the Head, and keep it in a Glass Bottle, well stoppt, and in a cool plate, because it is apt to melt and turn into Liquor with the least heat, and sooner than any other Volatile Salt. Have now another Head ready to put on in the place of the former, whose Junctures well Lute, and continue the Rectification; so will you have in the Receiver, the rest of the Volatile Salt, dissolved in a little of the Flegm, with the Volatile Oil, which you may also separate, and keep apart. The useless Flegm and sinking part of the Oil remaining at bottom of the Matraass.

3. * The VIRTUES of the Volatile Salt and Oil of Beans. It may be given in any proper cold Vehicle, from four Grains to eight, Morning and Night, or upon any Exigency. This Volatile Salt is a strong Sudorifick, and one of the most Subtil and Volatile Salts that is, being of

the same use with all other Volatile Salts. It is good against Sleepiness, Drowsiness, *Carus*, Lethargy, Vertigo, Epilepsy, Apoplexy, Palsie, Convulsions, Cramps, Gours, Rheumatisms, Sciatica, Colick, Gripings of the Guts, withered Limbs, and all other cold and moist Diseases of the Head, Brain, Nerves, Womb and Joints. It kills Worms, resists and suppresses Vapours, and is admirably good in Fits of the Mother: The Volatile Spirit and Volatile Oil, have also the same Virtues. The Oil may be mixed with Oil of Ben, or of Bitter Almonds, or Oil Olive, with which the Head, Neck, *Spina Dorsæ*, Nostrils, Stomach, Navel and Belly, may be Anointed. In this Operation of making the Volatile Salt, it is to be Noted, That after this Distillation, the First Salt of the Caput Mortuum or Fæces, will scarcely be one eighth part, of what it would be in an open Calcination; by which it appears, that it is the Essential, or otherwise the First Salt Volatiliz'd.

4. * FALLING-SICKNESS, or Epilepsy. This is a Disease which almost every one knows. It is called *Mortuus Caducus*, because the Persons affected fall down of a sudden. It is an interpolated Convulsion of the whole Body, which hunts all the Animal Actions, and proceeds from an Explosion of the Animal Spirits in the Brain, by which the Person affected is suddenly cast upon the Ground. And this Explosion arises either from an irritation of the Spirits pricking or jostling as it were, the Nerves of the Brain; Or from some Heterogenous sharp Humour which vitrates the said Animal Spirits, for which reason it is a Disease difficult to Cure.

See our *Praxis Medica*, lib. 1. cap. 14. where you will find abundant Satisfaction. However, in short, I have Cured a great many Patients troubled herewith, by only giving them my *Potestates Antepileptia* in Water, or Water mixt with Wine. The Medicament may be given Morning and Night, from half a Spoonful to a Spoonful: I never knew it fail of Curing, in Persons under thirty Years of Age. See its Preparation in the said *Praxis Med.* lib. 1. cap. 1. sect. 29.

5. FALLING-SICKNESS:

Take half a dram of choice Amber, powder it very fine, and take it fasting once a day in a quarter of a pint of White-wine, for seven or 8 Days successively.

See the Third Edition of our *Synopsis Medicinæ*, lib. 2. cap. 4. and lib. 3. cap. 19. where you may find the Cure at large.

Another: Take Olibanum, Mastic and Spikenard, of each 3 ounces; Galbanum and Opopanax, of each half an ounce; Mistletoe of the Oak an ounce, Amber half a Scruple, Piony-seeds half a dram, Labdanum 2 drams, the Seeds of wild Rue one dram, Nutmeg and Cubebs, of each half an ounce; Castor half a dram; having beaten those that are to be beaten very well, and dissolved the Gums in Oil of Rue, incorporate them with your Hands, or some convenient Instrument: the Head of the Party being shaven, spread a Plaster of the Composition, and lay upon it, and renew it once in three or four days: And in so doing, the afflicted Party will find great ease, and in a little time the Cause of this troublesome and dangerous Disorder removed.

6. **FATS** to prepare: To do this, Take the freshest of any of them, take out the little Veins and Fibres, and separate the Fat from the Skin, wash it with clear Water till it is freed from Blood; mince it very small, and put it into a double Vessel to melt; then strain it into clean Water, and having remained there till it becomes cold, drain the Water from it, and keep it in an earthen glazed Pot in a cool Place, though not too moist, and it will keep good for use a Twelvemonth.

7. * **FAT of Hogs.** *Hogs Lard is no ways to be kept from growing rank, yellow and offensive to the Smell, but by melting of it whilst it is fresh, and then immediately to put it up into Glass bottles, and so keep it close stopp'd, as if it were the best rectified Spirit of Wine; for the Air presently corrupts it: and therefore it is, that I seldom use Hogs Lard in any of my Prescriptions or Compositions, but a mixture of Sheeps Suet, and choice Oil Olive, so much as to bring the Suet to the Consistency of the Lard: for this mixture will not in a long time grow rank; and for the richer sort I use Oil of Ben, instead of Oil Olive, because that Oil of Ben will never grow rank.*

8. * **FEBRUARY** Dishes in Season. *First Course*, Scotch Collops, Lamb Roast, Egg Pye, Mutton boiled, Bacon Froise: *Or this*, Gibblers Stewed, Veal Collops, Mutton Roast, Rice-Pudding, Beef Boiled. *Or this*, Pigeons and Bacon, White Frigasee of Chickens, Lamb Roast, Dish of boiled Puddings, Boiled Pork. *Or this*, Geese Alamode, Mutton boiled, Lamb Pye, Veal Roast, Gibblers stewed. *Or this*, Brown Soup, Large Dish of Fish,

Ragow of Veal, Bread Pudding, Leg of Mutton Roast. *Second Course* Capon Roast, Kidney Beans, Hanch of Venison Roast, Frigasee of Rabbits, Buttered Crabs: *Or this*, Green Geese, Raspberry Cream, Rabbits Roast, Collard'd Beef or Veal, Cold Ham. *Or this*, Chickens and Rabbits Roast, Gooseberry Tarts, Pease, Strawberries and Cream, Cold Salmon: *Or this*, Ducks Roast, Apple Pye and Cream, Asparagus, Chicken Pye, Sturgeon. *Or this*, three Chickens and three Rabbits Roast, Pease, Codling Tarts and Cream, Cold Tongues, Salmon Boil'd or Pickl'd. *Or this*, Eels Spitchcockt with Snielts, Fresh Boil'd Salmon, and other small Fish, Herrings and Toasts, Sturgeon, Butter'd Apple Pye.

9. **FELON** to Cure: Take Costmary, Groundsel, Violet and Strawberry Leaves, of each a like quantity, of Hogs-Lard and Bay-Salt, as much as will beat it to a Salvè. *Or take Mutton Suet two Ounces, Oil Olive half an Ounce, Rosin in fine Powder an Ounce, mix and apply it. It will not fail of Success.*

10. **FENNEL** or **DILL** to Pickle. Let your Water boil, then having your Fennel tied up in Bunches, half a dozen walms will be enough; drain it, and let your Pickle be Vinegar.

11. * **FERMENTATION.** It is an easy, gentle, and slow working, or motion, of the Internal Particles of a mixt Body, arising generally from the Operation of some disagreeing active or acid Matter, which thro' a gentle heat being rarified, subtilizes or exalts, or separates the other Heterogene or soft and sulphureous Particles: So Leven, or Yeast,

rarifies, ferments, or lifts up the Particles of Dough in making Bread, by which it becomes light and pleasanter to eat; and so Yeast mixt with Wort makes it to ferment, and so converts it into Ale or Beer, separating its grosser Particles from it, by that working, whereby in a short time it becomes fine and clear. This Operation differs much from Effervescence, or Ebullition, which is a violent Boiling and Contest between Acids and Alcalies when they meet together. Thus the gentle Motion of the Particles of the Blood or Humours in the Body, occasioned by some certain Degrees of Heat, whether natural or unnatural, and helping to subtilize, exalt, and clear or purify them, reducing them to a healthful State, is called Fermentation. Lemery will have Effervescence and Fermentation to be one and the same thing, yet they certainly differ, according to *Major & Minor*. And tho' Effervescences may be called Fermentations after a sort; yet it is certain, that Fermentations are not Effervescences, because the first makes a total Separation of the Heterogene Particles, which the latter does not.

12. **FEVERS Continual**: Make a Decoction of Liquorice in Spring-Water, till the Liquor be pretty strong, which being strained, make it somewhat palatable, with a sufficient quantity of Sugar, and to half a Pint of it add 10 or 12 drops of the Oil of Vitriol, and take it Morning, Afternoon, and at Night.

Another: Take in half a Pint of some convenient cooling Liquor, half an ounce of Harts-Horn burnt to a great whiteness,

and powdered, being first bruised a little in the Liquid, and this may be taken as occasion requires.

Another: Apply to the Soles of the Feet a Mixture, or thin Cataplasm, made of the Leaves of Tobacco cut and beaten into a Mass with new Currants.

13. * **FEVER Burning**: To take off a Violent Burning Fever upon the Spot, there is nothing like to my Pulvis Antisebriciticus, or Fever-Powder, which does it to a Miracle: You may give it from a Scruple to two Scruples, or a Dram, according to Age and Strength, in a Glass of fair Water well sweetened with white Sugar, or in half Water half Wine, sweetened as aforesaid: I have often taken off the Violence of a Burning Fever in an Hours time, and sometimes in half an hours time; and I always give it just at the coming of the heat; and at Night also going to Bed, if the Fit was in the Morning: It Cures the Plague, and all sorts of Malign and Pestilential Fevers; nor did I know any Die of the Plague which I gave it to, if timely given. Price Half a Crown an ounce, to be had only at the Author's House, at the Great House by Black-Fryars Stairs, London.

14. **FEVER FEW**: This is excellent in the Diseases of the Womb; the Decoction of it forces the Courses, and expels the After-birth, and does all a bitter Herb is capable of doing. It is successful in Fevers by being applied to the Soles of the Feet. Take of it a handful, warm it between two Tiles, and apply it twice or thrice, and it Cures a Hemierania; and the crude Herb applied to the Crown of the Head, Cures the Head-ach. A Decoction of it with the Flow-

ers of Camomile, Cures Hy-
sterial Symptoms, and forces
Child-Bed Purgations, &c.

15. **FIGS Dry**: Figs applied
outwardly, Ripen, Mollifie, and
Attract; being beaten with Salt
and Leaven, they break Pestilen-
tial Buboes, or other Tumours,
in few Days. The Juice of the
Fig-Tree is very biting, and may
be numbred among Cautericks,
and be used for the Cure of
Warts, and such like Excrescen-
cies of the Skin.

16. * **FIGS to Dry**. When
ripe and new gather'd, take them
and prick them up and down
with a Pin, and put them into a
Skillet of fair Water; boil them
till they are tender, and then
take them out. To a pound of
Figs add a pound of Loaf-Sugar,
and a quart of Water, (being
first made into a Syrup and scum'd)
boil the Figs in this Syrup a pret-
ty while, and afterwards put
them into an Earthen Pan: do
this 4 days together, putting in
a quarter of a pound of Sugar
every time; but let your Liquor
boil before you put in your Figs,
and let them lye two days in the
Syrup; after which lay them on
a Sieve to dry: When they have
drained a while, strew on them
some fine powder'd Loaf-Sugar,
and so set them in an Oven al-
most cold, turning them twice
a day, still strewing fine Sugar
upon them; and when dried, put
them in Glasses in a cold Place.

17. **FIGS Green to Pickle**:
Take your Figs about August, cut
them in halves, and boil them
up in Vinegar, a little quantity
of Sugar, large Mace and Cloves,
put them up into your Pot or
Glass in the same Liquor, they
will Garnish your boil'd Meat or

Frigacies in Winter. This is a
very good Pectoral.

18. **FIGWORT**, *its Virtues*.
The Pouder of the dried Root ap-
plied to Piles, dries them up; it
is also useful in Cancers, and eat-
ing Ulcers; a Dram of the Pou-
der taken inwardly, expels Worms,
the Water Distilled from the
Roots, steeped in Water and Vin-
egar, Cures the Redness of the
Face; and of this Herb an excel-
lent Ointment is made for killing
the Itch, and taking away the
Scurf from it: The Decoction of it
taken inwardly, and the Herb
bruised and Poultiswise applied,
dissolves and brings away Con-
gealed and clotted Blood: The
Distilled Water takes away
Freckles, Morpew, &c. There
is a Plaister made of it for the
King's Evil, as follows.

19. * **FIGWORT** Emplaster.
*Take the Leaves of Figwort, Hounds-
Tongue, and Fox-Glove, cut them very
small, of each a good handful: Oil
Olive a pint and half; mix, and
boil the Herbs till they are Crisp;
strain out by pressing, and put in the
like quantity of fresh Herbs, which
repeat the third time, boiling each
time till they are Crisp, and repeat it
till the Oil is very Green; then add
Sheeps Suet a pound, Turpentine six
ounces, Bees Wax four ounces, Rosin
two ounces; Purified Verdigrise one
ounce; mix, and make a Plaister,
which spread upon Leather or New
Linnen Cloth, and so apply it to the
Place affected, often renewing it.*

It allwages the Swellings, dis-
perses the Humours, not only of
the King's Evil, but of any o-
ther Knots, Kernels, Bunches, or
Wens.

20. **FILBERT**: This Gar-
den Nut is very pleasant, and u-
sed mostly for serving up at Ta-
bles

bles among other Fruits; an Oil is extracted from them that sup-
ples hard Swellings, and is suc-
cessfully used in Old Sores.

21. * **FILBERTS.** These, as
also *Haste Nuts*, are worth the
planting in Gardens and Or-
chards, and are raised from Nuts
set in the Earth, or Snickers from
the Roots of an old Tree, or
may be grafted on a common
Halle-stock: They grow so low,
that they are many times over-
lookt, and delight in a fine, light,
mellow Ground; but will grow
almost any where, if defended
from violent and cold Winds.
The Tree is easily propagated,
bears well, and is of two sorts,
the *White* and the *Red*; of which
the *White* is accounted the best.
There is also the *Filbert of Con-
stantinople*, whose Leaves and Nuts
are larger than any of the for-
mer; and a *Spanish Filbert*, whose
Nut is large and plump, with a
very thin Shell, whose Kernel
has an excellent good Flavor and
Sweetness. The *Filbert* is more
nourishing than the *Haste Nut*;
they are excellent Food, their
Skins being taken off, and then
eaten with a Glas of Canary.

22. **FILMS on the EYES.**

This is when a thin Skin grows
over the Eye, and clouds the
Sight. To take it off, make a
Lime Water, by pouring a Gal-
lon of boiling Water on a pound
of Lime Unslack'd, stirring the
Lime in it, and after some Hours
decant warily that which is
clear, and to a Quart of this Wa-
ter, put an ounce of choice Ver-
digrise in Powder, and in a very
moderate Heat extract a Tincture
of a fine, but somewhat dilute
Blew colour, but not too deep;
decant this very warily, and let a

drop of this, as often as necessity
requires, fall into the Eye, the
Party winking hard, and it will
shrivel off the Film.

23. * **FILTRATION.**

It is the making of a Liquor
Pure and Transparently clear,
freeing it from all manner of Ter-
rene *Faces*, or Filth of any kind.
It is done by passing the Liquor,
Wine, Tincture, or Spirit thro'
a Cone of whited brown Paper,
put into a fit Glass, Pewter, or
Tin Funnel, to keep the Paper
from breaking by the weight of
the Liquor; (but the grosser Li-
quids, as Syrups and Decoctions,
through a Woolen or Flannel
Bag.) Or it may be done by ta-
king a long Strap or folded piece
of Woolen; or thick Linnen
Cloth, and putting one end of it
into the Liquor to be Filtered,
hang the other end over the Brims
of the Vessel, so far down, that
it may be below the Liquor to be
Filtered; so will the Liquor rise
up, and run over the Brims, thro'
the Body of the *Filter* or Cloth
very pure, and absolutely free
from all Dregs. The cause of
which is, the Liquor swelling
the parts of the *Filter* that touch
it, by entering into its Pores, and
so raising the parts of the *Filter*
up and swelling them, they make
them wet which are next above
them, and these again those which
are next above them, and so on,
till the Liquor comes to the
Brims of the Vessel, and then it
runs over, and descends into the
Receiver or Glass beneath, by
reason of its own weight or Na-
tural Gravity.

If you fill a Glass Pipe of a mo-
derate length, with a *Powdered
Calx*, (as Mr. Boyle tryed it with
Minium or Red Lead) and then

immerse the lower end of this Tube in Water, the Water will gradually arise in the Tube, till it attains the height of 30 or 40 Inches, above the Surface of the Liquor; and yet it cannot be said that any of those Metaline Particles are swell'd at all by the Water. Therefore the true cause of the ascent of the Water, is from the *Filtre's* being composed of a great number of small, long, solid Fibres or Bodies, which lye very close together, so that the Air, tho' it gets in between them, yet it looses much of its Pressure, and cannot Gravitate there so strongly, as it does on the Fluid without them; so that the parts of the Water between the Threads of the *Filtre*, must be pass'd upwards, and ascend till they come so high, as by their weight to Counterballance the general Pressure on the other parts of the Surface of the Water or Liquor.

24. * FISH what, and when in Season.

1. *Carp*: They Spawn in May, and are in Season all the Year, in some place or other: Of all sorts of *Carp*, those of the *Thames* are accounted the best.

2. *Cod*: It is chiefly in Season in *October* and *November*, but in Northern Countries longer.

3. *Crabs*: They come in in *August*, and hold till New Years Day, which is the first Season: And from *Candlemas* to *June*, which is the second Season.

4. *Cray-Fish* are always in season.

5. *Eels* are always in season also.

6. *Herrings* are in season in *Mackrel* time, viz. in May and *June*, when they are very fat;

but their Season is when they are full in the Row, viz. in *September*, *October* and *November*.

7. *Lampreys* are in season from the latter end of *December* to *June*, catcht in the River *Severn*.

8. *Lobsters* are in season when *Crabs* are.

9. *Mackrel* is in season from the beginning of *May* to the end of *June*.

10. *Oysters* are in season from the beginning of *September* to the middle of *April*.

11. *Salmon* (that of the *Severn*) is in season from *October* till *June*; and that of the *Thames*, from *April* to the end of *September*.

12. *Soles* are always in season.

13. *Sturgeon* from the *East-Land*, in *April*, *May* and *June*. That caught at *Hambrough* is good; it is sometimes catcht in the *Severn* and in the *Thames*.

14. *Trouts* are in season in *April*, *May*, and beginning of *June*. The *Hampshire Trouts* are the best.

15. *Turbot*. It is in season all the Year; but is scarce in *December*, *January* and *February*.

25. * FISH, as Carps, Lampreys, Trouts, &c. to stew. Your Lamprey being skin'd, season it with Pepper and Salt, and a little slic'd Nutmeg all over it, and in its Belly all along. Put also in its Belly some Cloves and large whole Mace, some sliced Limon, and thin slices of Butter. Rowl the Lamprey round, and thrust a Scuré through it, to turn it with. Take White Port Wine a pint and half, and put it upon some slices of Butter in the bottom of the Pan; into this put the Lamprey, with some slices of Butter upon it, and stew it upon a Pan of slow Charcole; add to the Liquor a bunch of Sweet-

Herbs, and a sliced Onion. Turn the Lamprey often in the Liquor; and when it is tender enough, bruise two or three Anchovies into thin Parts, and infuse with Gravey; heat a little more Butter, make your Sauce, and thicken it with the White of an Egg.

26. **FISH to Souce.** Draw your Fish, but do not Scale it; lave the Liver of it, wash it very well, take White-wine, as much Water again as Wine, boil them together with whole Spice, Salt, and a Bundle of sweet Herbs, and when it boils, put in your Fish, and just before it a little Vinegar, for that will make it Crisp: when it is enough, take it up, and put it into a Trey, put into the Liquor some Pepper and bruised Ginger, and when it is boiled enough, take it off and cool it, and when it is quite cold, put in your Fish, and serving it in, lay some of the Gelly about the Dish-sides, and some Fennel and Saucers of Vinegar; thus you may do Carp, Pike, Bream, &c.

27. **FITS of the Mother:** To remedy this, dissolve Sea-Salt in Vinegar, and into it dip a soft Linnen Rag, fold it three or four times, lay it warm to the Soles of the Feet, and keep it on till the Fit be over.

28. * **FIXED NITRE**, or *Fixed Liquor of Nitre*. Take choice Salt-Peter, melt it in a Crucible, and make it flame, by throwing into it a spoonful of Powder of Charcole fired; and this repeat till the Flame or Detonation is over: Cool it, powder it, and dissolve it in fair Water, which filtre and evaporate, so will you have a very fine white Salt, not much unlike to that of Tartar,

and is used like it, to help to draw out the *Tinctures of Vegetables*, because it is accounted an Universal Dissolyent; and by the Chymists is called by the Name of **ALKAHEST**. If it is exposed to the Air in a cool Place, it will all dissolve *per Deliquium* into Water; and then is called *Liquor of Fixed Nitre*.

29. **FLAG**, the sweet one: This grows in divers parts of England, and is distinguish'd from others by its curious Scent. It is chiefly used in Obstructions of the Liver, Spleen and Courses, also in the Colick; it provokes Urine: And the Roots of it candied, are of a pleasant Taste, nourishing and grateful to the Stomach, and keeps out evil Airs and Infections; and for this cause the Turks frequently chew it, and the Tartars boil it in their Water, or infuse the Roots of it in cold Water before they drink it.

30. **FLAX-WILD**, or *Wild Dwarf Flax*: This Herb infused in White-wine, after it has been bruised, for a whole Night over hot Embers, purges watry Humours very strongly: *Take of this purging Flax an handful, of sweet Fennel seeds two drams; boil them in a sufficient quantity of Spring-water, adding to every six ounces two ounces of White-wine; it makes a gentle purging Potion, being taken two or three Spoonfuls at a time.*

31. **FLEAS to Kill**: Take an earthen Platter, that is broad and shallow, fill it half full of Goat's Blood, and set the Platter under the Bed, and all the Fleas will come into it: Or take the Blood of a Bear or Badger, and put it under the Bed as before.

32. **FLIX**:

32. **FLIXWEED**: A dram of the Seed of this taken in red Wine, or Syrup of Sloes, stays Loosnesses, and both the Seed and the Herb help in the Flux of the Belly, and the Bloody Flux: It is used in Ointments, and Plaisters for Wounds, and fordid Ulcers; and some hold, that the Seed boiled in Vinegar and drank warm, expels Gravel.

33. **FLORENTINE** of Carps. Take a quarter of a Peck of fine Flower, sweet Butter 3 quarters of a pound, and six Yolks of Eggs; work these up in the Butter and Flower, and dry them, put to it as much fair Water as will make it up into a Paste: Take the Carp, scale it alive, and scrape off the Slime, draw it, and take away the Guts and Gall, and season it lightly with Nutmeg, Pepper and Salt, and lay it into the Paste made up into a Pye, in the fashion, as near as may be, of the Fish; put the Milt into the Belly, lay on sliced Dates in halves, Orange or Limon sliced, Barberries, Raisons, and Butter; close it up and Bake it; and being almost Baked, close it up and Liqueur it with Butter, Sugar, Verjuice, Claret, and White-wine, and Ice it over, and so serve it up when it is hot, and it will prove a very acceptable Banquet.

34. **FLORENTINE** of Eggs. To do this, boil about 18 Eggs hard, mince them with two pound of Beef-Suet clean taken from the Skins and Fibres, till it be very small; take a quarter of an Ounce of Cloves and Mace, one large Nutmeg, let these be finely beaten or grated with a quarter of Cinamon; add half a pound of fine Sugar, and a pound and half

of Currants, a quarter of a pound of Dates minced very small; mince or bruise very small some choice Limon peel, and lastly, having mixed all the foregoing things well together, put about a quarter of a pint of Rose-Water, and a little Salt into it.

When you have so ordered the Materials, put them into the Oven; let it moderately Bake, and then have in readiness this Leer to put to it when it comes out, viz. Heat a little fair Water, and beat up half a pound of Butter with it to a thickness; add a quarter of a pound of Sugar, and the Juice of a Limon, and so serve them up upon it.

35. **FLORENTINE** with Partridge: Your Partridge being Roasted and minced small with the weight of the Meat in Beef-Marrow, put to it two ounces of Orange-peel, with as much small Green Citron small minced; season the Meat with beaten Cloves, Nutmeg, Mace, Sack and Sugar; mixing all together, put the Materials into Puff Paste, and open it, being Baked, and put in half a grain of Musk or Ambergrise, dissolved in the Juice of an Orange and Rose-water; stir them among the Meat, then cover it, and serve it up.

36. **FLORENTINE** of Marrow: Take the Marrow of four Marrow Bones, and cut them into squares like large Dice, add three to a grated Manchet, some sliced Dates, a quarter of a pound of Currants, some Cream, Roasted Wardens, Pippins or Quinces sliced, and the Yolks of four Raw Eggs; season them with Cinamon, Ginger and Sugar; mingle these well together, and lay them in a Dish on a Sheet of Paste,

Paste, and bake them; you may parboil four Sweetbreads and Kidneys of Veal minc'd small, and mix amongst them.

37. **FLORENTINE of Rice**: Having pick'd your Rice very clean, boil it tender; lay it in a Dish, and put to it Butter, Sugar, Nutmeg and Salt, with a little D. R. W. and the Yolks of six Eggs; then put these Ingredients on a Sheet of Puff-Paste, in a Dish; being half Baked, Ice it.

38. **FLORENTINE of Tongues**: Boil and Blanch a fresh Neats-Tongue, and being cold, cut it into little square Bits as big as great Hassle-Nuts, lard it with small Lard, and having another Tongue raw, take off the Skin, mince it with Beef-Suet, lay one half of it in a Dish on a Sheet of white Paper, and lay on the Tongue, being finely larded and seasoned with Nutmeg, Pepper and Salt, and with the other minced Tongue, put grated Bread to it, some sweet Herbs small minced, and Yolks of Raw Eggs; and being made up into Balls as big as small Wash-Balls, lay them on the Tongue, with some Barberries, Marrow, Bacon and Butter; close it up with a convenient lid, and bake it; and being baked, liquor it with Butter beaten up with Verjuice, and the Yolks of 3 or 4 Eggs strained.

39. *** A FLORENTINE**. Take Cheefe Curds as much as you please, or 2 pounds; blanch'd Almonds beaten fine a pound, Currants half a pound or more; Sugar enough to sweeten it, and a little D. R. W. Take Stew'd Spinnage shred small, which mingle with the former; melt Butter in your Dish, and serve it up.

40. *** FLORENTINE Magistral**. Take the best part of a Leg of Veal cut into thin Slices like Scotch Collops, beat them on both sides with the back of a Knife, season them with Salt, Pepper, Cloves and Mace; cut a pound of Fat Bacon into thin slices, rowl them up one by one, with a slice of Veal in the middle; put them into a Dish, to which add 3 or 4 Anchovies, 2 or 3 Shallots, a handful of Oysters, half a hundred of Forc'd Meat Balls, and a Limon sliced with the Rind of: put in half a pint of White Wine, half a pint of strong Broth, a quarter of a pint of Gravy, and half a pound of Butter; cover it with Puff-Paste and Bake it.

41. *** FLORENTINE of Stakes**. Take a Leg of Mutton, or of Pork, or Rump of Beef; cut Stakes off the same, beat them well, and season them with Salt, Pepper and Nutmeg: Put them into a Dish with 4 or 6 Shallots, a bunch of Sweet-Herbs, 3 or 4 Anchovies, and 30 or 40 Balls of Forc'd Meat, half a pint of Claret, and as much fair Water; put over it in slices half or three quarters of a pound of Butter; cover it with Puff Paste, and so bake it.

42. *** FLORENTINE of Rice**. Take Rice a pound, boil it soft in Water, then boil it in Milk till it is as thick as Hasty-Pudding, and set it by till it is cold; beat six Yolks of Eggs with half their Whites; put in 3 quarters of a pint of Cream, half a quartern of Sack, and a little D. R. W. season it with a little Salt and Cinamon, Cloves, Mace and Nutmegs; then adding clean pickt Currants, Beef Marrow or Butter

Butter of each a pound; Sugar half a pound, Candied Citron, Limon and Orange Peels, sliced small, of each a Quarter of a pound; cover it with Puff-Paste, and Bake it. Garnish the Dish with Paste Royal.

43. * FLORENTINE of Almonds. It is made exactly as the former, putting in Almonds, (beaten with a Glass of Sack in a Stone Mortar,) in place of the Rice.

44. * FLORENTINE of Almonds, Another. Take Jordan Almonds Blanched a pound, beat them in a Mortar with a little D. R. W. or Orange-Flower Water. Take the Yolks of 8 Eggs and half their Whites, beat them with a quarter of a Pint of Canary, half a Pint of Cream, half a pound of fresh Butter melted; Currants a pound, and Sugar as much as to sweeten it to your Palate; add Beef Marrow, Candied Citron and Limon Peels sliced small, of each a quarter of a pound, season it to your Taste with a little Salt and Cloves, Mace and Nutmegs in Powder, put it upon Puff-Paste at bottom, cover it also with the same, and bake it in a slack Oven, not too much.

45. FLOUNDERS, Plaice, Whiting, and Soals to Boil: Boil some White-wine, Water and Salt, with some Sweet-Herbs and whole Spice; when it boils, put in a little Vinegar (for that makes Fish crisp) let it boil apace, and put in your Fish; boil them till they swim, take them out and drain them, and make Sauce for them with the Liquor, and an Anchovy or two, some Butter, some Capers, heat them over the Fire, and beat it up thick, and pour it over them,

garnish your Dish with Capers and Parsley, Oranges and Lemons, and let it be very hot when you serve it in.

46. FLOUNDER or Plaice. Pye: Draw and wash them, cut off their Fins, and scotch them, mingle Pepper, Nutmeg, Salt and Mace, and season them therewith; cut Leeks small, and strow over the bottom of your Pye; put in your Flounders, and lay on them the Meat of Lobsters Claws and Tail cut into small pieces, the Yolks of hard Eggs and Onions mixed, with some Grapes or Goosberries, if you have them. Lastly, put on Butter, and close your Pye; when baked, pour over it White wine and Parsley minced very small, with the Meat of the Body of a Lobster, Drawn Butter, and the Yolk of a new-lay'd Egg, shake these together in your Pye, and serve it up hot to the Table.

47. FLOUNDERS, Plaice, or Soals marenated: Dry well with a Cloth your Fish, flower and fry them in Sallet-Oil, which you must make very hot, and that will make your Flounders fry crisp and brown; put them into a large earthen Pan, put thereto sliced Nutmeg, Ginger, large Mace, bruised Pepper, and a couple of sliced Lemons, over these lay some Bay-Leaves fried, and a little Salt, and pour on them as much White-wine and Vinegar as will cover them.

48. FLOWER of Rice and Cream: To make a dainty Dish of this, Take half a pound of Rice, see it be well dusted and cleansed, wash it and dry it in a moderate Heat, and when dry, rub it and beat it in a Mortar, till the Flower be very fine; take

a pint of thick Cream, and the Whites of three or four new-lay'd Eggs, beat them well together with a little D. R. W. and set them on a soft Fire, boil it very thick, and so put it into a Dish, and let it stand till it is cold; slice it out, cast some Bisket on it, and serve it up.

49. FLOWERS to Candy: Take Gilliflowers, Violets, Cowslips or Roses, and pick them from the white bottoms; have Sugar boiled to a Candy height, and put in so many Flowers as the Sugar will receive, and continually stir them with the back of a Spoon, and when you see the Sugar harden on the Sides of the Skillet, and on the Spoon, take them off the Fire, and keep them well stirring in the warm Skillet, till you see them part, and the Sugar as it were sifted upon them; then put them upon a Paper while they are warm, and rub them gently with your Hands till all the Lumps be broken; put them into a Cullender, and sift them as clean as may be, pour them upon a clean Cloth, and shake them up and down till there be hardly any Sugar hanging about them; and if you would have them look as though they were new gathered, have some help, and open them with your Fingers before they be quite cold; and if any Sugar hang about them, you may wipe it off with a fine Cloth; to Candy Rosemary-flowers, or Archangel, you must pull off the String that stands up in the middle of the Blossom, and take them which are not at all faded, and they will look as though they were new Gathered without Opening.

50. FLOWERS to keep all the Year: Take any sort of pretty Flowers you can get, and have in readiness some Rose-Water made very slippery, by laying Gum Arabick therein, dip your Flowers very well, and twing it out again, and stick them in Sieve to dry in the Sun; some other of them you may dust over with fine Flower, and some with searced Sugar, after you have wetted them, and so dried them.

51. FLOWERS of any sort Pickled: Put them into a Gallipot with as much Sugar as they weigh, and fill them up with Wine-Vinegar, a pint to a pound of Sugar.

52. FLUMMERY to Make: This in the Western Parts of England is made of Wheat-Flower, which is held to be the most heartning and strengthening. To make this, Take half a peck of Wheat Bran, let it soak in cold Water three or four Days, then strain out the milky Water of it, and boil it to a Jelly; season it with Sugar, Rose and Orange-flower-water, and let it stand till it is cold and thickned again, and so eat it with White or Rhenish Wine, or Cream, or Milk, or Ale.

53. FLUX of the Belly: Take half an ounce of Mithridate, two ounces of fine Sugar, dissolve these over a gentle Fire in a pint of new Milk, and take it as a Clyster.

Take Jesuits-Bark two Ounces; Red Port Wine a Quart: Infuse close covered over a Simmering heat for two hours, then give it a walm or two, and so strain out; to this strained Liquor, add Blood red Tincture of Catechu made with Brandy, eight ounces; mix them. Of this give the

the Sick almost a quarter of a pint, Morning and Evening, and it will infallibly cure him; and let him drink a Glass of Wine after.

54. FLUX BLOODY: Take Syrup of Sloes two ounces, the Powder of Acorns a quarter of an ounce, the Ashes of Ash-Keys, or the Bark of the Root of an Ash Tree two Drams, Conserve of Roses a quarter of an Ounce, dissolve them in a quarter of a pint of Claret or Red Wine, and drink it fasting somewhat warm. Do this two or three times, and you shall find the Flux abate, and the Body restored to a Liveliness.

The former Composition of the Cortex and Catechu will do here, unless the Disease is Inveterate: In this case you must add to the former quantity of the Liquor half an ounce of Liquid Laudanum, or an ounce of our Guttæ Vitæ, and then give it as before; it will not fail of the desired Effect.

55. * FLUX HEPATICK: Take Steeled Wine a Quart, Tincture of Catechu, of Jesuits-Bark, of each six ounces; Limon-peel one ounce; mix them, and keep the Limon-peel in all the time of taking it. Give of this mixture two large Spoonfuls or better every Morning and Night in a good glass of Red Port-Wine, so long as till the Patient is perfectly well. Where Note, That the Flux may cease in three or four days time, and the Patient seem to be truly well; but it ought to be continued for at least ten or twelve days, lest a Relapse should ensue, whereby the Work will be to be done all anew, which by a continuance for a while longer is prevented. And though the Flux is stopp'd, yet we are to consider that the Viscera or Bowels are much weakened, and it ought to be taken in some respect to strengthen them, and to re-

store their Tone, as well as to stop the Flux it self.

56. FLUX or LOOSENESS: Take the Filings of Needle makers Steel four ounces, put them into a glazed Pipkin, and pour thereon a quart of the deepest Red Wine; let it boil till about three parts of the Liquid be consumed; stir it often, and strain it whilst it is hot; then take two Spoonfuls of it in warm Broth or Ale, in the morning fasting, for three or four days successively. This likewise is good to stay the Bloody-Flux, and remove the Cause.

57. FLUX of the WHITES. To remedy this, Take half an ounce of Ising-glass, dissolve it over a gentle Fire in a pint of New Milk, and drink it.

And Morning and Evening take an ounce of the Tincture of Catechu mixed with a quarter of a pint of the Cortex Red-Wine, giving it with some proper Vehicle, as a Glass of burnt Red Wine, &c.

58. FORC'D Meat Balls. Take a pound of Veal, and as much Beef-Suet, shred it small, and season it with Mace, Nutmeg, Pepper, Salt, Sweet Marjoram and Thyme cut small, break in an Egg, a little grated Bread; if you please you may put in a little Marrow, so make it into Balls, boil or fry them.

59. * FORC'D Meat-Balls: Take Beef Marrow, a little Time and Savory, Crumbs of white Bread, Yolks of Eggs well beaten; mix altogether, and season with Pepper, Salt, Cloves, Mace; scald a little Spinage, drain it well, cut it small, and put it in, mixing them well together, and make Balls of them, some longish some round.

60. * **FORC'D Meat another Prescript.** Take Beef-Suet shred very small, best Neats Tongues, 3 quarters boiled shred small, of each half a pound, Lambs Liver, choice young Pork, Beef-Marrow, of each shred small a quarter of a pound, stew'd Spinage shred, Grated Bread of each a quarter of a pound; season all with Pepper and Salt, adding a little Cloves, Mace and Nutmegs in Powder; and with a quarter of a pound of shred Veal Suet, or something more, and six or eight Yolks of Eggs, beat all up into a Paste in a Marble Mortar, which then Form into Balls of what Size you please.

61. * **FORC'D Meat-Balls :** Take the Flesh of Rabbits, Veal or Pork, shred it very small with a few Chives, sweet Herbs and a little Spinage to make them look Green; season them with Salt, Pepper, Mace and Anchovies; adding a sufficient quantity of Beef-Marrow chopt small; bind them with a little Flower, and the Yolk of an Egg, and so rowl them up, round or longish, fry them brown and crisp, or Stew them as you please.

62. * **FORC'D LEG of Mutton.** Take a large Leg of Mutton, cut a long slit on the back-side, and take out all the Meat you well can, not defacing the other side. This Meat, with a pound of Beef Marrow, mince fine on a chopping Board, with 3, 4, or 5 unwasht Anchovies, a few Chives, and 2 or 3 Shelots, or an Onion, and season it with Salt, Pepper, beaten Mace and Nutmeg, Sweet Herbs, and Limon Peel; adding also almost a pint of Parboil'd Oysters cut

small, and Beef Suet half a pound shred also: beat all these in a Mortar, into an entire Mass, with which stuff the rest of the Leg, and with all fill up the place you cut the Flesh out of, stitching it up with good strong whitened brown Thread, to keep the forc'd Meat in; after put it into a Dish, wash it over with Yolks of Eggs to bind it, and drige it with grated Bread or Flower, and lay pieces of Butter all over it; and then either bake or roast it. Which done, have Oysters ready stew'd in White Wine, with 2 or 3 Blades of Mace, to which add Mushrooms, a good quantity of strong Gravy and Anchovey Sauce.

63. * **FORC'D LEG of Lamb.** It is done as the former; but besides there is to be added a Frigasee of the Loin (freed from its great Bones) cut into small pieces, to lay about it. These thin slices of the Loin, season with Salt, Pepper, beaten Cloves, Mace and Nutmeg, Chives, or a Shelot or two, and a few Sweet Herbs, fry them in clarify'd Butter; and when fry'd enough, pour the Butter out, wipe the Pan clean, and put in a pint of strong Gravy, a quarter of a pint of White Wine, and the Juice of an Orange. Let the Lamb stew in the Gravy, and add to it Mushrooms and Oysters, and an Anchovey or two, with some of the Liquor of the same. Rowl up a piece of Butter in Flower, and the Yolk of an Egg, with the Juice of a Limon for Sauce, and so serve it.

64. * **FOWLS in Season.** In January, February and March, Turkey

key Potults, Green Geese, Ducklings, small fat Chickens, Pigeons, Pheasants, Partridge with Eggs.

2. In *March*, Wild Pigeons, Young Pullets, Young Cocks, Chickens.

3. In *April*, *May* and *June*, Large Chickens, Ducks, Geese, Goslings, Young Turkeys.

4. In *July* and *August*, Wild Ducks which have shed their Feathers, called Flappers or Moulters, which are very fat.

5. In *September*, *October* and *November*, Fat Turkey Cocks, and Hens, Turkey Poults, most sorts of Wild and Tame Fowl, Swans, Bustards, Wild Geese, Tame Geese, Wild Ducks, Teal, Widgins, Shufflers, Penteal, Easterlings, Heathcocks, Woodcock, Snipes, Plover, Larks, Quails, Thrushes, Black-bird, Felsair, Feasants, Partridge, Bittern, Tame Goose, Capon, Virgin Pullets with Egg, Chickens.

6. At *New-Years-Tide*, the Turkey Cock is out of Season; but the Hen Turkey is with Egg all the *Spring*, and continues in Season till *May*.

7. To these we may add Rabbits and Leverets, which are in Season all *September*, *October*, *November*, *December*, *January*, *February*, *March*; at what time they begin to go out, and come not in again till about *Michaelmas* following.

65. * FOWLS to Stuff. Take the Flesh of Pullets, Chickens, or Veal Sweet-breads. half a pound; Oysters, Mushrooms, Marrow, of each a quarter of a pound, 2 or 3 Anchovies, a little Salt, Pepper, Nutmeg, Savory, Thyme, Marjoram and Chives: mingle all these with the Yolk of

an Egg; then raise up the Skin of the Brest of your Fowl, and stuff the Matter in; close up the Skin again, and lard the Fowl; fill the Belly with Oysters, and so roast it. Make good strong Gravy Sawce, and serve it up. Turkeys, Capons, Feasants, or what Fowl you please, may be thus drest.

66. * FOWLS to Pot. Being pickt clean, singed with white Paper, and dried with a Cloth, (not washing them, for then they'd not keep) season them with Salt, Pepper, Cloves, Mace, and Nutmeg beaten, and mixt all together: let them stand 24 hours, and put them in a Pot with their Breasts downwards: strow over them slit Cloves and Mace, and put over them as much melted Butter as will cover them half an Inch or more thick; tie them over close, and bake them. When baked enough, let them stand a while, and drain the Gravy from them; after which place them in another Pot, with their Breasts upwards. Fill their Craw-places or Bellies with Butter; pour off all the top of the Butter, keeping back the Gravy and the Things in the bottom, and now let your Butter be an Inch thick over your Fowls. Six Ducks will endure near two hours baking, and other Fowls or Birds more or less, according to their Magitude; and when Baked, keep them in a Cellar or other cool place for use.

67. FRANKINCENSE: This being drank about a dram in a Glass of White Wine well digested, is very good against the Dysentery and Fluxes of the Belly; increase the Memory, chase away Sadness, and cheer-eth

eth the Heart. It stays the Bleeding at the Nose, being powder'd and incorporated with the white of an Egg and Aloes, and held to it, or put up the Nostrils Tent-wise. It eases the Pain of the Head, being mixed with the Whites of Eggs and the Poulder of Myrrh, and spread on a Linnen Cloth, and applied to the Forehead and Temples.

68. FRECKLES *to take away.* Take four Spoonfuls of Furnitory water, a Spoonful of the Oil of Tartar, and the Gall of a Cock; mingle these together over a gentle Fire, till they become a kind of Ointment, and with it anoint the places where the Freckles are, and let it dry on them: Then take a little Rye-meal, put it into Milk, and wash off the Ointment.

69. FRECKLES or *Morphew*, and to clear the Skin: Take the Blood of any Fowl or Beast, and wipe your Face all over with it every Night you go to Bed, for a Fortnight together, and the next day wash it off with White-wine, and white Sugar-Candy; and sometimes hold your Face over Brimstone for a while, and shut your Eyes; if you add the Juice of a Lemon to the White-wine, it will be the better.

70. FRENCH-WAY for dressing Carps: To stew these Fish the French way, Put it in boiling Liquor, and take a good large Dish or Stew-pan that will contain the Carp, put it into as much Claret as will cover it; wash off the Blood, and take the Fish out, and put into the Wine in the Dish three or four slices of Onions, some large Blades of Mace and Pepper grossly beaten with a little Salt; and when the Pan

boils, put in the Carp, and cover it close; and being well stewed, dish it with Sippets round about it; pour the Liquor it was boiled in on it, with the Spices, Onion, sliced Lemon, and Lemon-peel; run it over with beaten Butter, and garnish it with dry Bread.

71. * FRENCH DISEASE: Take Corrosive Mercury Sublimate, Mithridate or Venice Treacle, of each an ounce, mix them well, and infuse them in a Quart of Spring Water; set them in *Balneo* to dissolve in a close Vessel, and of this Liquor well settled, take about half a Spoonful, or, if need require it, a Spoonful, but not above a Spoonful and an half by any means; take it in a quarter of a pint of small Ale Fasting in the Morning, and an ounce in the Afternoon or Evening, the Stomach being as near as may be empty, intermitting every second Day, and taking a gentle Purge.

This Medicine is very apt to cause great Vomiting; and if it is taken in too great a quantity, will certainly cause a Salivation; and therefore it is to be used with Caution, and the Patient is to be very careful not to take Cold upon it, lest a worse Matter ensue. It may be taken in a less quantity Dietetically, in a Decoction of Guaiacum and Sassa, with great profit and advantage, of which we shall discourse more at large, in some other place.

72. FRENCH BREAD: Take half a Bushel of fine Flower, ten Eggs, one pound and an half of fresh Butter; half a Pound of tryed Veal Suet; then put in as much Yest as you do into Manchet; temper it with Cream pretty hot; and let it lye half an hour to rise; then make it into Loaves or Rolls, and wash it over with an Egg beaten

beaten with Milk; let not your Oven be too hot.

73. **FRENCH BREAD** *another way.* Take a Quart of fine Flower, four Spoonfuls of Ale-Yeast, a little Salt and four Eggs; make it very soft with Milk and Water lukewarm, keep it a quarter of an hour by the Fire to rise, toss it in wooden Dishes, let it bake an hour and half.

74. * **FRENCH BREAD.** Take fine Flower half a Bushel, ten Eggs well beaten, a pound and half of fresh Butter, with as much Yeast as is usually put into Manchet; Double Refin'd Sugar in fine Poudre a pound; make all this into Dough with New Milk pretty hot, and let it lye half an hour or more to rise; then make it into Loaves or Rolls, which wash over with an Egg beaten with Milk, and bake them in an Oven not too hot.

75. * **FRENCH BREAD** *another way:* Take a Quart of Flower, three Eggs, a little Yeast, and a little Butter, mix them with the Flower very light, with a little new Milkwarmed; lay the Dough by the Fire to rise, then make it into little Loaves, Flower it well, and bake it in a quick Oven.

76. * **FRENCH BEANS** *to Pickle.* Take them when they are Young and tender, top and tail them, put them into the best White Wine Vinegar, with Salt and broken Pepper, and a Race of sliced Ginger; let them lye in the Cold Pickle for nine Days, then boil your Pickle in a very large Pipkin, into which put your Beans, letting them but just have a boil or two; take them off the Fire, stowe them down close, and set them by; After put them on again, and do so six

times, till they are as Green as Grass; which done, put them in to an Earthen Pot, tye it down close with Leather, and so they will keep all the Year. The same way you may do Cucumbers, and young Apricocks and Peaches, before their Stones are hard. If at any time they change their color, boil up the Pickle again, and pour it upon them scalding hot.

77. **FRENCH BEANS** *to Pickle.* Let your Beans be very young, but not very small, wipe them clean with a dry Linnen Cloth; boil your Vinegar with sliced Horse-Radish and Salt in it; throw your Beans in when your Pickle is boiling, let them boil together the space of three Minutes; then take them off, and keep them covered very close. Boil your Pickle once in two days, two or three times, pouring it, boiling hot upon your Beans; do the like once in three Weeks, and keep them close stop'd.

78. **FRENCH BEANS** *to Pickle, another way.* Take Beans and pick the Stalks off; steep them in Vinegar and Salt nine or ten days; boil them with a piece of Allom and a little Fennel; when they be boiled enough, take the Beans out, laying them upon a Table till they are cold; put them into a Pot, laying between every lay, Cloves, Mace, a little Ginger, Pepper, Fennel and Dill; then fill the Pot with the best Wine-Vinegar.

79. * **FRENZY** or *Madness.* You are to consider the Strength of the Constitution, and if the Patient is strong, let the Stomach and Head be Purged by an Emetic: I know *Hellebore* is commended

mended in this case, and it is a good thing, being given in Extract from ten grains to a Scruple or half a Dram, or the Decoction of the same; But nothing yet is found to exceed Antimonial Emetics, as *Vinum Antimoniale*, *Vinum Benedictum*, and *Tartar Emetic*, which last may be given from two Grains to five or six, or ten: After three or four times Vomiting the Patient, at due Intervals of time, as three or four Days. Then Purge the Patient with an Infusion of *Sena* thrice a Week, for a Month together, or as often as the Sick can well bear it. Take *Sena* an ounce, Salt of Tartar a Dram and half, grind them together in a hot Mortar, make an Infusion in a pint and half of Water, boiling hot for two Hours, adding also half an ounce of bruised Liquorice; strain out for four Doses, to be given as aforesaid. And if the Patient cannot sleep, you must cause rest by giving some proper Opiate, as two or three Grains or more of my *Volatile* or *Specifick Laudanum*; or 20 or 30 Drops of *Liquid Laudanum*, in some proper Vehicle, at Night going to Bed.

80. *FRIGASY* an excellent one. Take six Pigeons and six Chickens, scald and truss them, being drawn clean, head and all; then cut them in pieces, and have some Lamb-stones and Sweet-Breads Blanched, Parboil'd and Sliced; fry most of the Sweet-Breads Flower'd; have also some Asparagus ready, cut off the tops an Inch long, the Yolks of two hard Eggs, Pistaches, the Marrow of six Marrow-Bones, half the Marrow Fry'd; Green and White Butter, let it be kept warm till almost Dinner-Time;

then have a clean Frying-Pan, and fry the Fowl with good Sweet-Butter: being finely fried, put out the Butter, and put to them some Roast Mutton Gravy, some large fried Oysters, and some Salt; put in the hard Yolks of Eggs, and the rest of the Sweet-breads that are not fried, the Pistaches, Asparagus, and half the Marrow: Stew them well in the Frying Pan with some Grated Nutmeg, Pepper, a Clove or two of Shalots if you please, a little White-Wine, and let them be well Stew'd; have 10 Yolks of Eggs dissolv'd in a Dish with Grape Verjuice or Wine Vinegar, and a little beaten Mace, and put it to the *Frigasy*; and have a French six penny Loaf sliced into a fair large Dish set on Coals, with some good Mutton-Gravy, then give the *Frigasy* two or three walms on the Fire, and pour it on the Sippets in the Dish; Garnish it with fried Sweet-breads, fried Oysters, fried Marrow, Pistaches, slic'd Almonds, and the Juice of two or three Oranges.

81. *FRIGASY* of *Ved*, Chicken, Rabbit, or any thing else. Take either of these, and cut them into small pieces, put them into a Frying-Pan with so much Water as will cover them, with a little Salt, whole Spice, Limon peel, and a bundle of sweet Herbs; let them boil together till the Meat be tender, then put in some Oysters, and when they are plump, take a little, either White-Wine or Claret, and two Anchovies dissolved therein with some Butter, and put all these to the rest; and when you think your Meat is enough, take it out with a little Skimmer, and put it into a Dish upon Sippets; put

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into your Liquor the Yolks of Eggs well beaten, and mix them over the Fire, and pour it all over your Meat: Garnish your Dish with Barberries, and serve it up: This Dish you make of Raw Meat, or of Cold Meat, which have been left at Meals.

82. *FRIGASY of Chickens.*

The Chickens for this purpose must be cut in small pieces, and fry'd in Butter; then pour on them some hot Broth, or boiling Water; put into it an Onion Quartered, and a little shred Thyme and Parsly, with Pepper and Salt enough to season them; the Lean of Bacon cut small, and a few Cloves; the Yolks of Eggs beaten fine, with the Broth of White-Wine Vinegar; keep it in motion till the Sauce be thickened, and then serve it up. *Note*, If in this manner they be stewed too long, they will be Tough.

83. **FRIGACY of Chickens,*

Rabbits. Take your Chickens (but they ought to be skin'd) or Rabbits, cut them into small pieces, beat them with your Rowling-pin, lard them with Bacon, season them with Salt, Pepper and beaten Mace; put half a pound of Butter into the Pan, brown it, and drige it with Flower, and put in your Meat, which fry brown: have ready a quart of good strong Gravy, Oysters and Mushrooms, 3 or 4 Anchovies, 2 or 3 Shalots, a bunch of sweet Herbs, and a Glas of Claret. Season it high; and when it is done enough, take out the Herbs. Anchovey Bones and Shalots: Shred a Limon small, and put it in; and when it is almost enough, put them in, and let them stew all together, keeping them sho-

ving and shaking all the time it is on the Fire: when it is as thick as Cream, take it up, and have ready to lay over it some bits of crisp Bacon, Oysters fry'd in Hogs Lard, to make them look brown; dip them in the Yolks of Eggs and Flower, and a little grated Nutmeg, with Forc'd Meat Balls; and garnishing with sliced Limon, serve it up.

84. **FRIGACY of Mush-*

rooms. Take the largest Mushrooms, and some small ones: cut the largest into 4 pieces, peel them, and throw them into Salt and Water, letting them lye for half an hour, take them out, and stew them in their own Liquor, with a little Cream, to make them look white, and cut hard: less than half an hour will stew them. Put them into a Sieve to drain, and take a quarter of a pint of that Liquor they were stewed in, with as much White Wine and strong Gravy: Boil all these together, with a little bruised Pepper, Mace and Nutmeg, 2 or 3 Anchovies, a little Savory and Thyme, and 2 or 3 Shalots, with which things season it high to your Taste. When it has boiled well together, strain out the Spice, Anchovey Bones and Shalots, and put it into your Stew-pan again with the Mushrooms; and have ready the Yolks of 3 Eggs, with the quantity of an Egg of Butter, rowl'd up in Flower beaten well with a spoonful of Cream. Shake it up all together very thick, so that it may hang about the frigacy'd Mushrooms; scald a little Spinage, which shake over it, and serve it.

85. *FRIGACY of Pigeons.*

Take young Pigeons, cut off the Wings

Wings and Legs, and quarter the Bodies; put them into a Stew-pah, add to them some fat Bacon cut square in small pieces; as much bruised Pepper and Salt as will season them, a few Cloves, a bundle of Parsley and Thyme, and an Onion quartered; pour on so much fair Water as will nearly touch the top of the Pigeons; when they are tender, put in a sufficient quantity of Butter; change the Parsley and Thyme for some more that is fresh; then take the Yolks of Eggs finely beaten in a little of the Broth, White-Wine, and Verjuice; lay them out in a Dish upon Sippets with the Broth; squeeze an Orange over them, and serve them up.

86. * **FRIGASY of Pigeons.** Take eight Pigeons, cut them into small pieces, fry them with a pint of Claret, and a pint of Water; season with Salt and Pepper, adding a little Sweet Marjoram, Thyme, Savory, a few Chives, or an Onion, or Shalot or two. Shred the Herbs small, and put them into the Frying pan to the Pigeons, with a good piece of Butter: Let them boil gently, till there be no more Liquor left than will serve for Sauce: Beat four Yolks of Eggs, with a spoonful and half of Vinegar, and half a grated Nutmeg: When it is enough, put the Meat on the one side of the Pan, and the Liquor on the other; then put in the Eggs into the Liquor on the Fire, and stir till it is as thick as Cream; put the Meat into the Dish, and pour over it the Sauce; lay crisp Bacon, and Fry'd Oysters over it, and serve it up.

87. * **FRIGACY White.** Parboil your Chickens, Rabbits, &c. cut them into pieces, fry them in strong Broth with a Blade or two of Mace, a little Salt and Pepper, two Anchovies, two Shalots; fry them till they are enough; take out the Shalots, and put in half a pint of good Cream, and a piece of Butter rowl'd up in Flower, with the Yolk of an Egg. Stir it all about till it is as thick as Cream, squeeze in the Juice of a Limon, taking care that it does not curdle: Stew a little Spinage, cut it, and throw over it some Mushrooms, a few Carps shred with Oysters, with a little of their Liquor, put in Sippets and serve it.

88. * **FRITTERS at Court.** Make a Posset of Sweet Milk from the Cow, with a pint of Canary. Take the Curd, and put it into a Bason with 6 Eggs; season it with a little Nutmeg, beat it with a Birchen Rod till it is beaten well together; then put Flower to it, and make Batter fit for Fritters, adding a little Sugar. Take clarified Beef Suet, make it boil in the Frying-pan, and so put the Batter in.

89. * **FRITTERS Excellent.** Take Posset Curd made with Canary, Almonds beaten with a little of the Posset-Drink, and strained through a Hair Sieve: Mix them, sweeten with fine Sugar to liking, adding Cinamon, or what Spice you please; mix therewith a good quantity of Yolks of Eggs, and add so much Flower as to make it of a convenient thickness for Batter: then putting in some thin pieces of Apples, fry them in Beef Suet, with a quick Fire.

90. **FRITTERS** *the English Way.* Take a Pint of Canary, the like quantity of Ale, and a little Ale-Yeast; the Yolks and Whites of nine Eggs beaten first very well by themselves, and then with the rest: add a pound of fine Flower, and a little Ginger. Let the Butter stand a while, and then put in Apples thin sliced, and try them with Beef-suet: take them out, and strew them over with fine Sugar.

91. * Or, Take a quart of Flower, three pints of Mutton broth when cold; Nutmeg and Cinamon, of each a quarter of an ounce, beat them fine, as also a Race of Ginger, 12 Eggs, and a little Salt, and strain the Materials: put to them some thin slices of Pippins, and fry them in as much Suet as will suffice, ordering them as the former in serving up. Some make the Batter of Eggs, Cream, Cloves, Mace, Saffron, Nutmeg, Yeast, Ale and Salt. Others, of Flower, grated Bread, Mace, Ginger, Pepper, Salt, Yeast, Saffron, Milk, Sack, or White-wine. Some again use Marrow perfumed with Musk and Rose-water, by being steeped in the latter with the slices of pleasant Pears or Quinces. Others again, with Raisins, Currans, Apples cut Dice-fashion, and as small, in quarters or in halves. I leave the Reader to his Choice.

92. **FRITTERS** *the Italian Way:* Take a pound of Holland Cheese or Parmisan, grate it into a pound of fine Flower, with as much fine Bisket-bread; the Yolks of five Eggs, some Rose-water, Saffron, Sugar, Cloves, Mace, Cream; make of these well temper'd a stiff Paste, and rolling it into Balls as big as Wall-Nuts, fry them with Clarify'd Butter.

93. * **FRITTERS** of *Skirrets.* Take a pint of Skirret Pulp, fix Yolks of Eggs, two spoonfuls of Flower, with Sugar and Spice make Batter; which fry in a large quantity of Lard, and with double refined Sugar in Powder serve them up.

94. * **FRITTERS** of *Spinage:* Boil the Leaves of Spinage in fair Water; yet but tenderly; drain the Liquor from it as much as may be, stamp it or mince it very small; add to it beaten Cinamon, Ginger and Nutmeg, grated Manchet and the Whites and Yolks of Eggs, and as much Cream as will moisten it, yet the Batter must remain of an indifferent thickness; put in some Currans that have been swelled in warm Water, mix them well together, and having a Kettle boiled with tried Suet or Lard, drop them into it by spoonfuls; and when they rise, take them out, for then they are enough.

95. **FRITTERS** of *divers Forms:* To make these, Take a quart of fine Flower, strain it with some Almond-milk, Saffron, Sugar, White-wine, have then Moulds made of Tin, of various Forms, as Arms, Dolphins, Birds, Flowers, and the like; put the Batter into them, and place them in the Pan, covered with Suet or clarified Butter, and they will come out in such Forms as the Mould impresses on them, and look very pleasant, if orderly placed in a Dish.

96. **FRITTERS.** *Another way:* Take half a pint of Sack, and a pint of Ale, a little Yeast, the Yolks of twelve Eggs, and fix Whites, with some beaten Spice, and a very little Salt, make this into thick Batter with fine Flower,

then boil your Lard, and dip round thin slices of Apples in this Batter, and fry them; serve them in with beaten Spice and Sugar.

97. **FRITTERS** of *Veal* or any other Meat. Take your Veal Capon, or Liver, parboil it, mince it small, and put to it some Cream, Eggs, Spice and Salt, make it pretty thick, so fry them; you may add a little Flower if you will; serve them up with beaten Spice, and Sugar strewed over them.

98. * **FRITILLARIES:**

They have small round Roots made of two pieces as if cleft in the midst and joined together, from whence springs a Stalk a Foot high, bearing a Flower of six Leaves and of six several Colors at top: The chief of those which grow in our Country are, I. The Common Ch quer'd Fritillary, of a dull red Purple Checquer'd with a Stile and Chives, whose Roots when Old will bear 2 or 3 Flowers on a Stalk. II. The Double Blush Fritillary: It is like the former but Double, with 12 Leaves or more, and of a pale Purple or Blush Color, and spotted as the other. III. The White Fritillary, like the last, but outside and inside of a perfect yellow. IV. The Yellow Fritillary, Its Color is yellow, dusky Red on the outside, and Blood Red on the inside. V. Great Red Fritillary: It is larger than the last in all its parts, and better Flowered. VI. Great Yellow Fritillary. Its Root is larger and broader than any of the former, with broader and shorter round pointed Leaves two Feet high, and a long, small, faint Color'd Flower. VII. The Spotted Yellow. Its Leaves are like the last, Flower bigger, longer, and of a pale yellow, diversly Spotted and Checquer'd. VIII. Great Yellow In-

dian. It has darker green Leaves, longer Flowers, of a dark yellow Purple, spotted or Checquer'd with Red.

IX. The Narrow Leav'd Exotick.

It has a whitish green double Flower, Checquer'd like the others. X. The Small Yellow Portugal. It is a small and low Flower, but more Checquer'd than any of the yellow ones.

XI. The Black Fritillary. It is like the yellow Green, the Stalk and Flowers are shorter, and of a dark dull, blackish green color. XII.

Spanish Black Fritillary. It is larger than any of the former, bearing 4 or 5 Flowers, hanging round about the Stalk, like those of the Crown Imperial. The Early Kind Flower about the end of March, or beginning of April; the others, after those are past, the space of a Month one after another. The Great Yellow one, is the last, it Flowering in the end of May or beginning of June. The Roots loose their Fibres as soon as the Stalks are dry, and may then, or at any time before the midst of August be taken up and kept dry for some time. But if taken up too soon, or kept too long out of the Ground, they will either Perish, or be much weakened thereby. Take them up therefore not before the midst of July, nor keep them longer then the beginning or midst of August. They may be set among ordinary Tulips, and other Roots which loose their Fibres as they do, in Beds or Knots, where the Nakedness of their Stalks may be hidden with the Leaves of others.

99. * **FRUIT** so Dry.

Apples, Apricocks, Cherries, Damsons, Nectarines, Peaches, Pears, Pear Plums, and other Fruit, may be dried in an Oven thus. Put your Fruit upon Sieves; which put into an Oven after the Bread is drawn; close stop it

up, and let it stand all Night: do thus 3 or 4 Nights for Cherries and Plums. But for Apples or Pears, after the first or second time, you must squeeze them flat, and then dry them again, as they ought to be.

100. * **FRUIT** *dried another Way.* First bake them in a Pot, close covered with Dough, letting Apples, Pears, Wardens, stay as long in the Oven as brown Bread; but Cherries and Plums as long as white Bread. Then take them forth, and let them cool; peel off the Skins of the Apples, Pears and Wardens, flat them, and dry them as before, and your Cherries and Plums, as you draw them, upon Sieves; a little Claret and Sugar may do well, and a little Sugar between every Layer of Cherries.

101. **FRUMETY** *to make.* Take New Milk or Cream boil'd with whole Spice; put into it your ready boil'd Wheat, or Pearl Barley, boil'd first very tender in Water. When they have boil'd a while, thicken it with Yolks of Eggs well beaten, and sweeten with Sugar; then serve it up in Dishes.

102. * **FRUMETY** *after the Country Fashion.* Let the Wheat (Grey Wheat is best) be wetted with Water, and be beat in a Wooden Mortar with a Wooden Pestle, till it is compleatly hull'd; from which free it by washing, and so boil it in Water till it is soft and broken: Take of this Wheat two quarts, mix with it a Gallon of New Milk, and two quarts of Cream, and boil to a due thickness, adding towards the end a little white Sugar, just to change the Taste of the Milk; and eight Yolks of Eggs well

beaten, with 3 or 4 pounds of fair large Currans first plump'd by a gentle boiling in fair Water, but not broken. Give all these (being mix'd together) a few gentle Walms, and it will be done to Satisfaction.

103. * **FRUMETY** *with Rice.* Take Rice boil'd soft and thick in Milk, 2 quarts; New Milk, sweet Cream, of each 3 quarts, a little Salt, and so much fine Sugar as just to change the Taste to Sweetness: boil to a due thickness, and add 3 pounds of fair large Currans (first boil'd to plumpness in fair Water,) then boil a little, and so serve it.

104. * **FRYED Lamb Stakes:** Being cut of a due largeness and thickness, beat them with the back of a large Knife, and then fry them in a little Ale; strew on them a little Salt, and cover them with a Plate close. Take them out with the Gravey in them, set them by the Fire, and have in readiness a Pint of White-Port Wine, and a few Capers shred; add two or three Yolks of Eggs beaten with a little Salt and Nutmeg; wipe the frying Pan clean, put in the Sauce and the Liguor they were fry'd in, stir it with a Spoon all one way till it be thick, then put in your Meat, stir altogether, and serve it up with sliced Limon and Parsly.

105. * **FRYED Beef-Stakes.** Beat them very well with your Rowling-Pin; season them with Salt and Pepper, and fry them in equal parts of White Port Wine and Ale, with an Onion cut small, or 2 or 3 Shalots; when fry'd enough, add Savory, Thyme, Parsly and Shalots, all chopt small, with a little Nutmeg; then

then rowling up a piece of Butter in Flower, the Yolk of an Egg beaten, and Gravey, shake them up till all is thick, which put upon the Skaes, and serve them up.

106. * **FRYED Sausages**
Fry them first well in Ale mixt with White Wine; after add sweet Butter, and strowing them over with Flower, fry them till they are brown, with 2 or 3 Shalots cut small; make thick Gravey Sauce with Juice of Limons, and serve them.

107. * **FUMES** in the Stomach, which causeth want of Appetite and Melancholy-Fits: Pillular Ruffi made of chosen Aloes two drams, good chosen Myrrh one dram, of chosen Saffron half a dram; these are to be made into a Mass with the Syrup of the Juice of Citrons; of this make Pills as big as Garden-Peas; take them in the Pap of an Apple, with a little Sugar an hour before Supper three several Nights; they will gently loosen the Belly and cleanse the Stomach from Phlegm, and expel venomous Vapours from the Blood; they will work gently in the Morning after Sleep, and are good in the time of Infection: But in the taking of these Pills drink three or four Spoonfuls of Wormwood-Wine for three or four Mornings.

108. **FUMITORY**: It purifies the Blood, and purges Choler, and is available in the Leprosy, Itch, and other Diseases of the Skin. The distilled Water is used for Beautifying. It opens Obstructions of the Liver, and helps the Jaundice and Scurvy. The Juice or Water of it dropt into the Eyes, helps Dimness of Sight: Being mixed with Venice-Trea-

cle, it resists the Plague and Pestilential Fevers. An Ointment made of the Juice of it, sharp-pointed Dock, and Honey is a speedy Cure for the Itch, Botches, Scurff, or any other Deformity in the Skin.

109. **FUNDAMENT Felling**: Take a quarter of an ounce of the best Ginger, slice it very thin, put it into a little Pan, and heat it by clear and well kindled Coals, and receive the Fume of it cast on by little and little in a kind of Close-stool, or some convenient Seat for that purpose, where the lower part of the Body may be well covered for about half a quarter of an hour at a time.

110. * **ANOTHER**: Take Bits of Amber in a Close stool, put them upon a Chafing dish of live Charcoals, over which let the Patient sit, and receive the Fumes. The Fundament also being down, it may be bathed or fomented hot with this Bath: Take Tincture of Catechu two ounces, Red Wine, in which a little Rosh-Alom has been dissolved, six ounces; mix them: After bathing anoint with this Ointment. Take Sheeps-suet two ounces: Oil-Olive one ounce, melt them; and while melted and only warm, add Oils of Amber, of Nutmegs by expression, and of Saffras, of each two drams; sit them together till they are all cold. This Ointment strengthens the part much.

111. * **FURZES**. I cannot forbear to write a Discourse of this Plant, because of the vast Profit which may be made of it, in improving some of our Barren Land, on which nothing else will thrive. They are Sown or Planted of the Roots in a Furrow: If Sown, you must Weed the

the place till they are strong enough to defend themselves, and they are to be diligently clipt, by which they will be made to grow very thick, and become a Beautiful Hedge, if designed for that purpose. If they may be permitted to grow at large, they will yield good Fuel and Faggots, and may be an admirable Covert for Wild Fowl, Hares, Rabbits, &c. and will grow in moist as well as dry Grounds. The young and tender tops bruised, and given to a Lean Sickly Horse, will recover and plump him, and make him strong. In some Counties they sow there Barren Grounds therewith; and when they lay them down, they sow the last Crop with this Seed, and so let them remain till they break them up again; and during that time, reap from the same Considerable Advantages. In Herefordshire, the Thickets of Common Furzes yield them more profit, than a like quantity of the best Land in the Kingdom. In Devonshire, they sow on the worst of their Land, (being first Ploughed,) the Seed of the rankest or largest Furzes, which in four or five Years become a Rich Wood. They make very great Improvements both in Devonshire and Cornwall, of their Sandy and Gravelly Land, where Fuel is very scarce, by sowing them with French Furze Seed, which they reckon a great Improver of their Land, and a sifter of it for Corn. Upon some Land they will grow to be 14 or 15 Feet high, and afford very great quantities of Fuel. No Provender makes Horses so hardy as the young tops of these Furzes, nor grows any other under Wood so thick, nor so ex-

cellent for Fuel. It yields them also small Timber for some little Buildings, and is a great Refuge for Fowl and other Game. Where there are old dry Banks, or such a dry Sand or Gravel, that nothing else will grow on't, the Furze is an extraordinary fence. 'Tis raised by Sets or Seeds, but Seeds are the best way of raising it, especially the French Furze, which grows to the height of 14 or 15 Feet as afore hinted, and is not subject to run into the Ground, or spread like the Common sort. It will make a Hedge in three Years time, if well Weeded, and carefully kept from Cattel, especially Sheep, who are very greedy of it, till it comes to some bigness, and then nothing can hurt it. If it is clipt it will thrive very well, and grow to an admirable thickness. In France they make Inclosures with it, and sow it sometimes 10 or 12 Yards thick, which makes not only a mighty shelter for Game, but also a speedy, profitable, and impenetrable Mound. 'Tis said that Furze, (whether French or English,) will grow on Salt Water Sands: If so, it may be a great advantage to such as have Walls or Banks near the Sea, to preserve them. If Furzes were improved in the Barren places of this Nation, they would be a great sparing of our Woods. The best sort of French Seed may be had at the Seed Shops in London. In the most Eastern parts of Germany, and Poland, Furzes, and Common Broom are so rare, that they send for their Seeds out of England, and Plant them in their best Gardens. Considering, that not only by their being easily and speedily Reared, how substantial and strong Fences

Fences may be made, but also the profit that may be made thereof for Fuel, being sown upon the most Barren Land, they are worth the Thoughts of all the Landed

Men in GREAT BRITAIN, for that more profit may be made thereby, than by any other Husbandry whatsoever.

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1. **GALIMAFRE** of Mutton : Take a Leg of Mutton when it is little more than half boild, haff the one part as small as you can, and put it into a Dish with Onions minced small, and the other parts of your Mutton cut into bigger pieces, breaking likewise the Bones ; set it a stewing, and add Verjuice, Pepper, a handful of Capers, a quarter of a pint of White Wine, some Salt ; and when it is stewed, serve it up on Sippets.

2. * **GALL** *Obstructed* : The only thing to remove this Obstruction, is the *Spiritus Nitratus*, the Preparation of which you may see in our *Pharmacopœia Chirurgica*, in our *Arts Chirurgica*. You may give 10, 15, 20, or 30 drops, more or less, in Ale or Wine, according to the quantity the Patient drinks at a time, so as to make it pleasantly sharp ; you must be sure the Sick drinks nothing without it, for eight or Ten days, for in that time it will make a singular alteration for the better, and possibly restore the Patient to their perfect Health. It cures the Cholick to a Miracle, and destroys that which is the Ground and Foundation of that Disease.

It purifies the Blood, opens Obstructions of the Gall, Liver, Spleen and Bladder. It's good for the Dropse and Jaundice, and is a great dispeller of Wind. It likewise cleanseth the Stomach, and drives ill Pimples from the Brain.

3. **GAMMON** of Bacon to Dress : Having water'd it, scrub'd it with a Brush, and scraped the Rind, and dry'd it with a Cloth, put it into a Kettle wherein it may have sufficient room ; then add Sage, Marjoram, Fennel, Sprigs of Bays and Rosemary, and boil it till it is enough ; take off the Skin, and stick the top with Cloves : strew some Pepper on it, and serve it up with Mustard, Pepper, Vinegar, and the Herbs small minced.

4. **GANGREEN** : When the part afflicted with this Malady has been lightly Scarified, apply as hot as can be endured, a Cataplasm of strong Brandy and Crumbs of White Bread, shifting it three or four times a day, or as often as you find convenient : Or for want of this, take a boiled Turnep, mash it with Hogs Lard, and lay it to the place.

5. * **GANGREEN**. The best way is to Scarifie the part, deeper or less deep, according as it had got-

pen Ground, and then to cleanse it after Scarification with Salt Brine, a strong Lixivium of Wood-Ashes, or a Tincture of Myrrh, or Myrrh dissolved in Wine and Brandy, and used almost scalding hot, for it is by these Extrems the Native Heat must be restored; and after to fill up the Scarifications with Mercurius Precipitatus mixed with Basilicum, or Unguent. *Egyptiacum*, or with Myrrh made into a Balsam with Oil of Turpentine, or with Dossils dip'd in a mixture of Oil of Cloves and Turpentine, actually hot.

6. **GARGARISM** to cleanse the Head. Take Juice of Mustard-seed, extracted with White Wine six ounces; Juice of Primrose Leaves and Roots four ounces; Juice of Beets two ounces, Juice of Pellitory of Spain one ounce, White Port-Wine a Quart; mix them for a Gargle.

7. **GARGLE**: Take 6 ounces of Scabious Water, one spoonful of Mustard, as much of Honey; put these into half a quarter of Wine-Vinegar, and mix them altogether in a Marble or Glass Mortar, till they become very Liquid, and then Gargle your Mouth with it.

8. **GARGLE** for a Sore Throat: Take fair Water a pint, Red Port Wine a quart; Roch-Alom half an ounce; mix and dissolve; with which Gargle warm, 3, 4, or 5 times a day.

9. * **GARGLE** for Sore Mouth and Throat. Take the inner Bark of the Elm Tree four ounces, Madder Roots 2 ounces, fair Water a quart and half a pint; boil till half a pint or more is wasted; strain out thro' a Flannel-bag, and sweeten with Syrup of Mulberries, or Syrup of Vinegar.

10. **GARLICK**: This being stamp'd and infused in Vinegar, resists the Plague, is good to dissolve the Stone, and bring away Gravel; being made into a Syrup by boiling and squeezing out the Juice, and adding as much Sugar as will bring it into a Syrup; it wonderfully preserves the Lungs, and removes Coughs and Colds; kills Worms in the Belly and Stomach.

11. * **GARLICK** its General Virtues. It provokes the Courses and Urine; and helps the Bitings of Mad Dogs, and other Venomous Creatures: It kills Worms in Children, and voideth tough Phlegm, purging the Head, helping the Lethargy. It is a good Preservative against the Plague; also cures Sores and Ulcers, and takes away Spots, and Blemishes in the Skin, and eases Pains in the Teeth; breaks Apostems, and eases Pains in the Ears. It has oftentimes Cured Dropsies almost to a Miracle, and has a special Quality to dissolve the Inconveniences coming by corrupt Airs and Mineral Vapours, or by drinking unwholesome Waters or Lignors; as also by unadvisedly taking Wolf-Bane, Henbane, or Hemlock, or other dangerous Herbs. It is held good in the Jaundice, Cramp, Convulsions, Falling-Sickness, the Piles or Hemorrhoids, and such like Diseases proceeding from Cold. But it heats very vehemently: In those that are troubled with Melancholy, it attenuates the Humours, and causes strange Fancies and Visions in the Head; therefore let such take it inwardly with great Moderation; but for outward Application you need not be so strict.

12. * **GEESE** to Breed. The earlier the Eggs are laid in the Spring, and the larger the better, for they bring larger Birds. It

It is best for the Goose to sit in fair and warm Weather; for tho' a Goose sits generally 30 Days, yet if the Weather is warm and fair, they will hatch 3 or 4 days sooner. After hatching, keep them in the House ten or twelve days, and feed them with Curds, Barley Meal, Bran, &c. When they have gotten some Strength, let them out 3, 4 or 5 hours in a day, and take them in again, till they are able to defend themselves from Vermin.

13. * G E E S E *to Fatten.* Shut them up when they are about a Month old, and they will be fat in about a Month more: Let them have always by them in a small Rack some fine Hay, which will much hasten their fattening. But for elder Geese, about six Months or more old, in or after Harvest, when they have been in the Stubble-Fields; if you would have them very fat, shut them up for 14 or 20 days, and feed them with Oats, spelted Beans, Barley Meal, or Ground Malt mixed with Milk. But all Water Fowl usually sit with their Bills on their Rumps, where, at a small bunch of Feathers standing upright on their said Rumps, they suck out most of their Moisture and Fatness: These Feathers, if you cut them away, they will fatten in less time, and with less Meat. Geese will also feed on, and fatten with Carrots cut small, which will make their Fat much harder.

14. * G E E S E *Alamode.* Take two Geese, raise their Skins, and make a Stuffing as for Fowls; only instead of Chives, put in 2 Cloves of Garlick, or 2 or 3 Shalots; season high, and put some into their Bellies as well as

between their Skins: Lard them with Limon and Thyme, put as much Butter into your Stew-pan as will brown them on both sides; then put them into the Butter, with strong Gravy seasoned very high: When stewed enough, take them out, thicken the Sauce with Butter, rowl'd up in Flower, and the Yolks of Eggs, with half a pint of Clarret, and let them boil to be thick: Lay round the Dish fry'd Oysters, Forc'd Meat-Balls, and crispt Sippets; and garnish the Dish with grated Bread.

15. * G E L L I E S, *What they are chiefly made of.* Their proper Meats are, 1. Choise fair Calves-Feet. 2. A Knuckle of Veal. 3. A well Fleisht Capon not very fat. 4. A pair of Calves Feet, lean of a Leg of Veal, and half a pound of Hartshorn. 5. An old Cock and a Knuckle of Veal. 6. Hartshorn and a Pullet. 7. Well Fleisht Capons only. 8. A Cock or Capon, with Calves-Feet. 9. Hogs-Feet only. 10. Sheeps Trotters, Lambs Trotters, and Calves Feet. These, and many others of like Kinds, are to be ordered as shall hereafter be directed.

16. * G E L L I E S *to make* Take a large Leg of Veal, cut away the Fat as clean as you can, wash it well, and let it lye a soaking a quarter of an hour, (having first broken the Bones.) Take four Calves Feet, slit them, and put them to your Veal; boil them over the Fire in 8 or 10 quarts of Water, according to the proportion of the Meat; scum it very often, and so continue it, till it is boild away to two quarts, or three pints; strain it, and let it stand till it is quite cold,

cold; that it will easily be cut out, pare away the top and bottom, and then put it into a large Sauce-pan; add to it Cinamon bruised 4 ounces, a Nutmeg sliced, a race of Ginger sliced, and a large Blade or two of Mace, a little Salt, a spoonful or two of Wine Vinegar, and Whites of Eggs well beaten: Mix all together, and let them boil 2 or 3 Walms, stirring it all the while; after which strain thro' a Gelly-bag for use. It restores weak and decayed Nature, in Consumptions, fortifying and strengthening the whole Body.

17. * GELLY of Apples. They being pared, sliced and cored, make a strong Decoction of them in Water; which strain thro' a fine Cloth; to a quart of which put 3 quarters of a pound of D. L. S. and so boil it up to a Gelly: It is very cooling and grateful to the Stomach, and good against Fevers and hot Burning Diseases.

18. * GELLY-BROTH. Besides the Meats (whether Leg of Pork, Veal, Mutton, &c.) add White Wine a quart, D. L. S. a pound and half; six Eggs, a Nutmeg sliced, Mace a quarter of an ounce, two races of Ginger sliced, a small stick of Cinamon bruised (with a Grain or two of Musk and Ambergrise, if you so please) boil, and make a Gelly Broth. Sometimes for Variety, instead of Wine, Juice of Grapes is used, Juice of Limons, or Juice of Oranges, with Juice of Wood Sorrel, or Juice of Quintes.

19. * GELLY of Calves Feet. Take 12 Calves Feet, removing all the Fat and the Bones; lay them in Water for four or five Hours; after boil them in eight

quarts of Spring-water, continually scumming them, till the Water comes to 3 quarts: strain it thro' a thick Linnen Cloth, and let it cool; when cold, cleanse it from the Settlings, and pare off the top; put it into a large Pipkin, melt it, and add three quarts of White Port-Wine, 3 races of Ginger sliced, 6 or 7 Blades of Mace, a quarter of an ounce of bruised Cinamon, a Grain of Musk, if you please, 18 Whites of Eggs, beaten with 4 pounds of D. L. S. mix them with the Gelly in the Pipkin, adding the Juice of 3 Limons, and boil leisurely; strain again, and serve it up, as you do other Gellies.

20. * GELLY Crystalline. Take six Calves Feet, freed from Fat and Bones, put them into fair Water for a Day and a Night, shifting them 4 times; next Morning boil them in a glaz'd Pipkin, in 6 quarts of Water, scumming it well till it comes to 3 quarts: strain it into a clean earthen Vessel; and when cold, take away the Dross from the bottom and the Fat from the top, if any: put it again into a large Pipkin; add to it of old White Port-wine 2 quarts, Juice of 4 Lemons, 3 Blades of Mace, and 2 Races of Ginger sliced: dissolve it again over a gentle Fire for some time; after which let it cool. Have in a readiness 4 pounds of D. L. S. in Powder in a large Dish, which mix with twelve Whites of Eggs; which put into the Pipkin where the Gelly is, and stir them together (with Ambergrise and Musk, of each a Grain in Powder, if if you so please, tyed up in a fine Linnen Rag.) add a quarter of

of a pint of *D. R. W.* and putting in a little Ifing-glass Gelly over a slow Charcole Fire, gently boil it to its due height.

21. * *GELLY of Whole Currants.* Boil four pounds of *D. L. S.* to a Candy height, put into it Red Currants 5 pounds: let them boil together till they become almost a Gelly; then put into it what quantity you please of whole Currants, fresh and cleanly pickt; put them into the Sugar, which let be clear and well order'd: Scum it well while it boils with the Sugar; so will you have an excellent Gelly very grateful to the Stomach.

22. * *GELLY of Flesh.* Take a young Cock, and Knuckle of Mutton, or Knuckle of Veal with some Mutton, Raisins of the Sun storied, a quarter part of the weight of the Sinews and Flesh: Boil all to pieces, and pour out the whole into a Wooden Vessel, breaking and mixing all together very well. Strain it, let it stand all Night, and clear it at bottom and top from Faces and Fat: Add *D. L. S.* a sufficient quantity, 2 or 3 Blades of Mace, and a stick of Cinamon broken very small: boil it up again, and strain it thro' a Gelly-bag for use. It is good against Consumptions, and to restore decayed and wasted Bodies.

23. * *GELLY of Gooseberries the French Way.* Take Gooseberries, bruise them, and press out their Pulp through a Sieve, or Straining Cloth. To every pint of this Pulp add 3 quarters of a pound of *D. L. S.* Let them boil up well together; and when it is boiled to such a height, as not to stick when laid on a Plate, but come clear off, then strain it,

and keep it to be put into Tarts with Apples, Pears, Quinces, Wardens, to make them taste like Goosberries. Thus Gellies of Cherries, Currants, Grapes, Peaches, Raspberries, Strawberries, &c. may be made.

24. * *GELLY of Hartshorn.* Take Hartshorn half a pound, boil it leisurely in Spring-water, close covered in a well glaz'd Pipkin, which will hold a Gallon, 5 or 6 hours, till turn'd to a Gelly: Strain it through a fine Cloth, and put it into another lesser Pipkin; and with the Juice of 8 or 9 large Limons, and a pound and half of *D. L. S.* Let it boil a little, and then put it up into small Glasses. It is Stomackick, Cordial, and Restorative in Consumptions, strengthening such as are fallen away, and weakened by great and long Sickneses.

25. * *GELLY of Hartshorn another Way.* Take Rasped Hartshorn 4 pounds; boil it in a Gallon of Water till it be a Gelly, which you may try upon a Plate: It will be Gellied in 4 or 5 hours gentle boiling; strain the clear Liquor away from the Horn, which will be a good quart or 3 pints. Set it on the Fire again, and sweeten it with *D. L. S.* to your Taste; add half a pint of White Port-wine, or Canary, and a Nodule of Spice, (containing a little Ginger, a stick of Cinamon bruised, a Nutmeg bruised, and 3 or 4 Cloves bruised or split) as soon as it begins to boil, put in the Whites of three or four Eggs beaten, and let it boil up gently till the Eggs harden; then put to it the Juice of four Limons, and take it presently off the Fire, and filter it thro' an Hippocras-bag.

26. * *GEL-*

26. * **GELLY of Oranges or Limons:** Take the fairest and thickest Rinds, cut them in halves, take their Meat clean out, boil them in several Waters, till a Straw will through them; wash them in cold Water, pick and dry them; to a pound of these put a quart of Water, in which thin slices of Pippins have been boiled, so that the Water feels slippery; add thereto 3 pounds of D. L. S. and make thereof a Syrup, into which put your Peels, and scald them, and set them by till the next day, and then boil them till you find the Syrup will Gelly: Lay your Peels into your Glasses, and put into your Syrup the Juice of three Oranges and one Limon, and boil it again till it is a stiff Gelly, and then put it up for use.

27. * **GELLY of Pippins.** Take 12 fair Pippins, coar and boil them in 3 pints of fair Water, till one half is Consumed; put in half a pint of D. R. W. a pound and half of D. L. S. and boil it uncovered, till it comes to the color of Amber; drop some few drops of it upon a Glas plate, and if it stands, it is boiled enough; strain it into an Earthen Pan upon a Chafing Dish of Coals, and while it is warm, fill your Glasses therewith, with Spoons.

28. * **GELLY of Quinces:** Pare and core them, cut them into quarters, and to every pound of Quinces put a quarter of a pound of Pippins quartered; put them into an Earthen Pot with a narrow Mouth, with 3 or 4 handfuls of the Quince Cores at bottom, close up the Mouth of the Pot with Paste, and bake it in an Oven with Household

Bread; when it comes out of the Oven, pass it through a thick strainer as quickly as may be, and press it between two Trenchers as long as it will run clear; weigh the Liquor, and to every pound of it add a pound of D. L. S. in fine powder, set it over warm Embers to dissolve, letting it stand till the Scum arises; Scum it well, boil it, and keep it stirring till it becomes a Gelly.

29. * **GELLY of Quinces, the French way.** Quinces being pared, quartered and cored, boil them in Water till they are soft, so that they may be mash'd and mingled with the Water they are boiled in; strain all through a straining cloth, and boil the Liquid part up again with Sugar, a pound to a quart, till it comes to a reddish color; scum it, let it settle, and take off the finest part: Whilst it is warm, put it into Glaz'd Earthen Cups, letting it stand till it is cold, and it will be a good red Gelly. *Where Note,* That our English way of Boiling the Quince Cores with the Quinces and Water, makes the Gelly much better, and five times stronger.

30. * **GELLY of Verjuice.** Boil Verjuice whether of Grapes or of Crabs, with a little fair Water, strain it, and add to it Apples thin sliced, and Sinews of a Knuckle of Veal: When the Liquid part begins to Consume, it will gradually become a perfect Gelly: If eaten with Sugar and D. R. W. it sharpens the Appetite, strengthens the Stomach, and resists Vomiting and Nauseousness.

31. * **GELLY White.** Take a pound of Blanched Almonds, beat them with a Quart of D. R. W. make

make a strong Gelly of Ising-glass or Calves Feet, half a pound in a Gallon of Spring-Water, or half Water half Wine, strain it, and mix it with your Almonds, and add a pound of D. L. S. and the Juice of two Limons, which cast into Egg-Shells, which will be as White as Snow: But with Saffron you may make some of it Blew, with Alkanet it may be made Red, with Spinage it may be made Green, and with other Colors, of what Colour you please.

32. * GIBBLET Pye. Goose Gibblets being stewed tender, season them pretty high with Salt and Pepper, adding an Onion quartered, or 2 or 3 Shalots, and a Bunch of Sweet Herbs, with Water enough to cover them. Take them out of the Liquor, and when cold put them into a Patty-Pan with good Puff-paste round it, with a sufficient quantity of fresh Sweet Butter, and Yolks of hard Eggs broken, laying over Forc'd Meat-Balls; cover it with Paste, leaving a hole open in the middle; at which, (just as it is going to the Oven,) put in half the Liquor the Gibblets were stewed in, and so bake it, but not too much.

33. GIBBLET Pye, another. Take two pair of Goose Gibblets, let them be well cleansed and scalded; season them with Pepper and Salt, lay them into a Pye, with good store of Butter, and one pound and a half of Sausages, close it up; and bake it three hours; when it is enough, pour in melted Butter.

34. GIBBLETS to Boil: Take the Gibblets of a Goose, or any other Fowl, scald them well, and boil them whole in Water

and Salt, and two or three Blades of Mace, and so serve them up on Sippets, with melted Butter, scalded Goosberries, or scalded Grapes, Barberries, and Limons sliced.

35. GILLIFLOWERS to Candy: Take Refined Sugar, or white Sugar-Candy, to the weight of your Flowers, sift it, and put to it some Rose-water, set them over a Fire made of Charcoal, but not too hot; stir these till they be a Candied height, then keep them in a dry place, and use them as you find occasion; and if you use them for Sallers, put a little Wine-Vinegar to them, to make the Syrup thinner.

36. GILLIFLOWERS to Pickle: Take Clove-Gilliflowers when just blown, clip the white bottoms from them, when taken out of the Husks, lay them to steep a little in fair Water, boil up some White-Wine Vinegar till the Scum will come no more on it; squeeze the Water out of your Gilliflowers, and the Vinegar being cool, put them in to it; then melt as much Sugar as is convenient in D. R. W. put it to them with a little broken Cinamon, and a few Blades of Mace; stop them up close, and when you use them, mince them small, and putting a little fresh Vinegar to them, strew a little D. L. S. finely beaten. They are an excellent Sauce for Mutton or Lamb.

37. * GILLIFLOWER-WINE. Boil 10 pounds of D. L. S. in 10 Gallons of Water, which pour boiling hot upon 3 Pecks or more of clipp'd Gilliflowers: Infuse 3 days, strain out, and Tun it up in a little Vessel, Spread

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Spread some Yest upon a Toast, and put into it, and after a while Bottle it up. You may drink it in a Fortnights time, but 'twill keep till Christmas.

38. GINGER. It helpeth Digestion, warms and comforts the Stomach and Bowels, expels Wind, gives ease in the Cholick. It consists of Subtil and Volatile parts, provokes the Terms, comforts the Head, Brain, Nerves and Womb, &c. looseneth the Belly moderately used, is good for the Stomach, and profitable against all things that dim and hinder the Sight. It heats much, though not at the first, tasting hot like Pepper.

39. * GINGER Green. The Indian, or rather Barbadian Green-Ginger, is fit for every Person of Quality to keep in their Houses: For it heats, warms, comforts and strengthens the Stomach admirably: it expels Wind, is good against the Cholick, causes a good Appetite to food, and makes a good Digestion, to eat now and then a bit thereof, especially in the Morning fasting, and last at Night going to Bed: And if the Stomach is very cold, and ill, it may be good to eat a bit half an hour before Meals.

40. GINGER Green to make. Take one pound of Ginger, and steep it in Red Wine and Vinegar, equally mix'd; let it stand close covered 12 days, and twice every day stir it up and down; take two Quarts of Red Wine, and as much Vinegar, and boil them together a little while, and put in three pound of Sugar, and make a Syrup therewith; then put in your Ginger, and boil it a while, and set it by till the next day, so boil it every day a little, till it be very clear, and keep it in the Syrup. Some rather use White Port Wine instead of Red Wine.

41. GINGER-BREAD. Take three pound of Treacle, half a pound of Candied Orange-Peel, half a pound of Candied Limon-Peel, half a pound of green Citron, two ounces of Ginger in Pouder, two ounces of Coriander-Seed prepared and beaten; and as much fine Flower as will make it into a Paste, then make it up into Cakes, and Bake it in an indifferent hot Oven. This was made for King CHARLES II.

42. * GINGER BREAD. Take 4 quarts of fine Flower, 2 pounds of Treacle, half a pound of Sugar, Candied Orange and Limon Peels of each two ounces chopt small; one ounce of Ginger in fine pouder, and as much of new Spice together; mix all as stiff as it can be well made, and bake it in an Oven with White Bread.

43. * GINGER-BREAD another way. Take Jordan Almonds Blanched, beat them finely with a little D. R. W. to which add Ginger an Ounce, Aniseeds and Liquorice, of each a quarter of an ounce, each of them being in fine Pouder; Sugar half a pound, make all up with fine Flower into a Paste, which Mould well, rowl it thin, and dry or bake it in a Stove.

44. * GINGER BREAD the best Sort. Take D. L. S. six pounds, D. R. W. 3 pints, or enough to make a Syrup of it, of the same Consistence, or thickness of Grocers Treacle, which keep for use. Take Ginger, Coriander-Seed, Carraway-Seed, of each in fine pouder 3 ounces, Nutmegs in fine pouder 2 ounces, Fennel Seed, Aniseed, each in fine pouder one ounce, Cloves in fine pouder half an ounce; mix them well together in a Mortar, which Reserve. Take of the former Syrup a quart.

of the Reserved Pouder 2 ounces, (more or less, as you would have it to taste of the Spice;) fine Wheat Flower 3 quarts, or so much as may make it up into a pretty stiff paste: Rowl it out into thin square Cakes, and so bake it. This exceeds all other Preparations of *Ginger-Bread* whatsoever.

45. **GLADWIN.** That here intended, is that they call the *Stinking Sort*. The Juice of it snuffed up the Nose, causes Sneezing, and purges the Head of Rheums, and offensive Matter. The Pouder of the Root drunk in Wine has the same Effect, and gives ease to the Cramp and Convulsions of the Nerves: It mainly avails in the pains of the Gout, or *Sciatica*, and gives ease to those that are afflicted with Gripping pains in their Bowels, as also in the Strangury. The Roots boiled in Wine and drank, effectually procure Womens Courses; but is dangerous to be taken by a Woman with Child, lest it cause Abortion; half a dram of the Pouder removes Obstructions in the Ureters and Bladder, and immediately provokes Urine.

46. **GLEETINGS:** Take four ounces of Spring water, or rather Plantane-Water, dissolve it in about one Scruple of Sympathetick Pouder, and as much of Roch-Alom, or so much as will give it a Sensible, but yet a Faint Vitriol-like Tincture. inject as much is usual, through a small Syringe every Morning and Evening, as long as need requires.

47. **GLOVES** to *Perfume lightly.* Rub over your Gloves with Glair of Eggs and Benjamin-Water, very thin and fine, where-

in a grain of Musk, Ambergrise, or any other strong Perfume has been infused, and it will take and hold the Scent a long time. You may as you like for change and alteration of Scent, rub them over with a fine Puff of Silk dip'd in Gessamine, Orange-flower butter, Essence of Roses, &c.

48. * **GOATS.** They will live well, and grow Fat on Rocky and Barren places, feeding upon Moss, Bryars, Bushes, Furzes, &c. The chief profit of them is from their Milk, their Skins and their Tallow, neither of which are inferiour, but rather superiour to others of the same kind, from any other Beast whatsoever. Their Milk is esteemed the greatest Nourisher of all Liquid things, and the most Comfortable to the Stomach: They mix it with other Milk (in Barren Countries where Cows Milk does not super-abound,) to make Cheese of. Their Kids also are very good Meat, superiour to the best Lamb, which the best sorts of Goats produce twice a Year, and many times 2 or 3, or more at a time.

49. **GOAT-PASTY:** Take the hind quarter of a fat Goat, bone it, and skin it; cut it into pieces, beat it well with a Rolling-Pin, season it with Pepper, Salt, minced Thyme and Nutmeg, and set it a soaking in this seasoning all Night with Claret, then put it into Paste, and bake it, strowing on the top some minced Beef-suet: Whilst it is Baking, take the Bones you took out of the Flesh of the Goat, and put them into a Pipkin with a pint of Claret, and a little strong Broth; cover your Pipkin with a sheet of Course Paste, and bake them also.

also: your Pasty being baked enough, fill it with the Liquor out of the Pipkin, serve it up, few will be able to discern it from Venison.

50.* **GOLD Amalgamated.** Take fine Gold in very thin Plates, or in Leaves, or in Filings, a quarter of an ounce; heat it in a Crucible red hot, in a strong Fire: Put on it two ounces of Quicksilver, stir the Matter with an Iron Rod; and when you find it beginning to raise a Fume, which will soon be, cast it into an earthen Pan fill'd with Water, it will coagulate and become tractable. Wash it often, to take away its blackness; and in a Linnen Cloth press from it with your Fingers all the Mercury which remains un-united with the Gold. The Gold will retain about thrice its weight of the Mercury. If you would reduce the Gold into a subtil Powder, put this Amalgama into a Crucible, over a gentle Fire, and the Mercury will evaporate, and leave the Gold at bottom in an impalpable Powder, which may be easily melted into its first Form again. If it should retain any Blackness from the Mercury, it may be taken off with Oil of Tartar per Deliquium. If the Amalgama be designed to be so hard as to be fit to be powder'd, you must take 3 Parts of Gold, and but 2 Parts of Mercury; but if you would have it so soft as to spread, you must use 3 Parts of the Mercury to 1 of the Gold; and so it will be a Specifick for the Cure of the Kings Evil.

51. **GONORRHÆA:** To remedy this, Take two ounces of ripe Laurel Berries, and infuse them for a Day in a quart of

White wine, and let the Patient drink about two or three spoonfuls twice a day for a good while, and then intermit a Day, and so a third, that some gentle purging Medicine may be taken.

52.* **GONORRHÆA Virulens.** After a due purging with our Family Pills, (which are well adapted to this intention) you may cause the Sick to take every Night going to Bed 2, 3, 4, grains, or more, of our Specifick Laudanum; and every Morning this: Take Turpentine (boiled in Water till it will powder,) two ounces: make it into fine Powder for sixteen Doses to be taken in the Yolk of an Egg, or in a little of the Conserve of Barberries: Or you may take this, Take pure Turpentine half an ounce; two Yolks of Eggs, grind them together till the Turpentine is perfectly mixed and dissolved; then mix therewith Posset-drink, made with Ale very white, or Milk, if you so please, two quarts; and sweeten it with double refined Sugar: Of this let the Sick take half a pint Morning and Evening, so long as is convenient; and in the mean season Syring with this Injection. Take fair Well-Water a quart, Roch-Allom, Saccharum Saturni, of each half an ounce; White Vitriol two drams: mix and dissolve: let all settle, and pour off the Clear for use: with this Syring 2, 3, 4, 5, or 6 times a day, according as occasion requires; (as it begins to grow well, you may syring fewer times a day) se it warm, and two Syringes full at a time, and always after Pissing, if there be occasion, but be sure to do it, last at Night going to Bed, and first in the Morning rising.

53. **GOOSE Boil'd:** Put it into a Pipkin, or other Vessel fit for it, boil it with Strong Broth, or fair Spring-water, and scum

it clean, then add three or four sliced Onions, some Currans, Mace, Raisins, Pepper, and a bundle of Sweet-Herbs, grated Bread, White-wine, and two or three Cloves; and when it is boiled enough, slash it on the Breast, and dish it up on Sippets, and lay on a few slices of Lemon, Barberries, or Grapes: And this way you may dress any large Water-Fowl, as Swans, Ducks, Teal, Whoopers, &c.

54. **GOOSE to Dry.** Take a fair fat Goose, powder it about a Month, then hang it up in a Chimney as you do Bacon; and when it is thoroughly dry, boil it well and serve it to the Table, with some Mustard and Sugar; garnish your Dish with Bay-Leaves. Hogs-Cheeks are very good dried thus.

55. **GOOSE Fricassee.** Take a Goose, almost roast him, then carve and scotch him with your Knife long ways, and cross it over again; wash it over with Butter, and strow Salt upon it, put it in a Dish with the skinny side downwards, so set it before the Fire in a Frying Pan, that it may take a gentle heat, turn the other side, and take it and lay it on your Gridiron over a soft Fire: when you think it is enough, baste the upper side with Butter; dridge it over with Flower and Bread grated; put it over again and froth it, and dish it up: your Sauce must be Vinegar, Butter and Mustard, with a little Sugar; put it into your Dish, and lay your Goose a top of it, garnish it with Lemon, laying Sausages round the brims of the Dish.

56. **GOOSE PYE.** Bone and Parboil it, season it with Pepper

and Salt, and lay it into a deep Crust, with good store of Butter top and bottom; bake it very well, and when it is baked, fill up the Pye at the Vent-hole with melted Butter; and so serve it in with Mustard, Sugar, and Bay-Leaves.

57. **GOOSE Colled and Souc'd:** Bone it, cut the Flesh square, and soak it twelve Hours in a little White-wine, Cloves, Mace, Pepper and Salt; take it up and lay small Pieces of Anchovies all over it, with Westphalia Gammon minc'd small; roul it up hard, and boil it in strong Broth, and a little White-wine, whole Pepper and large Mace; let this be the only Pickle: when you serve them, cut them in halves, and garnish the Dish with Westphalia-Bacon minced.

58. **GOOSE to know Young or Old:** A Wild Goose, if she be Red-footed, is Old and full of Hair; if Whitish-footed, and not full of Hairs, then she is Young. A Tame Goose scalded, and lying in Water in a Poulterer's Shop, or elsewhere, do but rub your Finger on the Breast of it, if it be rugged or ruff, then it is new kill'd; but if it feel slippery or slimy, then it is stale. If dry pull'd, Red-footed, and Red-bill'd, and full of Hairs when it is pull'd, then it is Old; but if she hath a Yellowish Foot, and a Yellowish Bill, then she is Young. A Brand Goose, if she be full of Hairs when she is pull'd, then she is Old; if not, then she is Young.

59. * **GOOSBERRIES,** So called from their Use in the Kitchen when Green Geese are in Season. They are raised from Suckers of which there is plenty about the

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the Roots of old Trees. When they have some Years growth, suffer not many Suckers to grow from them, nor cut their Tops, as many Gardeners do, to make a round close Bush; by which means they grow so thick, that they can neither bear nor ripen well their Fruit, as if they grew taller and thinner. There are many Sorts and Colours of them, of which the *Great White Holland*, or *Great Dutch Goosberry*, is the fairest, sweetest, and best bearer of all others. 2. There is the *Green Goosberry*, which is pleasant Fruit. 3. The *English Amber Goosberry*, known every where. 4. The *Red or Hedge-hog Goosberry*, which is very hairy, but large and well tasted. Goosberries taken in a right time will yield a very delicate Cider and Wine: And if they be thoroughly prest with a mixture of Water, and well fermented, and then distilled according to Art, they will yield also a very admirable Brandy, very near as good as the best French Brandy.

60. **GOOSEBERRIES.** These being boiled in Broth, before they are ripe, are very agreeable to the Stomach, and are cooling in Fevers. They stop the Flux of the Belly, and cause a good Appetite. They cure the Whites and Gonorrhæa. They are applied outwardly with good Success for *Anthony's Fire*, and Inflammations; but if before they are ripe, they be eaten raw, especially to any excess, they cause griping Pains and Slime in the Bowels.

61. * **GOOSEBERRIES** to keep. Take the largest Dutch Goosberries at full Growth before they change Colour, top and tail them (but not too close.

Put them into wide mouth'd Glass Bottles, which must be very dry; stop them, and put them into a Kettle of cold Water, let it heat leisurely; and when you think the Goosberries are scalded thoroughly, take them out; and when cold, knock down the Cork hard, and seal them over that they take no Air; and afterwards make use of them for Tarts, or what you please.

62. * **GOOSBERRIES** to Preserve. Take them before over ripe, top and stalk them; and if you please stone them: Make a Layer (in an earthen Pan) of Sugar, and a Layer of Goosberries, so continuing till your Vessel is almost full. Put to them about a pint of Water to six pounds of Goosberries; and the Goosberries having before been scalded, set them in this manner over a gentle Fire, that the Sugar may melt; and when boiled up, stop or cover them close up for use.

63. * **GOOSBERRY Cream.** Boil Green Goosberries; or for want of them, take Preserved ones. Boil up your Cream, and put them in, adding Cinamon, Mace, Nutmegs in fine Powder; give a Walm or two again, and strain thro' a Strainer, then serve it up with *D. L. S.* and *D. R. W.*

64. * **GOOSBERRY Tansey.** A quart of Green Goosberries being top'd and tail'd, boil them in half a pound of new Butter in a Frying-pan, till they are well coddled: Put to them the Yolks of 16 Eggs well beaten, with half a pint of Cream, and a quarter of a pint of Juice of Spinage and Tansey, sweeten with *D. L. S.* to your Taste; then boil or fry it as you do a Tansey, and serving it up, strew over it *D. R. W.* and *D. L. S.* P 3 65.

65. * GOOSBERRY - WINE.

Gather them before too ripe; and for every 6 pounds of Goosberries add 2 pounds of Sugar and 2 quarts of Water: Let the Berries be stamped, then mixed with the Water, and let them lye together 24 hours; strain them out, and put the Liquor into a Vessel close stopp'd up for 2 or 3 Weeks: If you see it to be fine, draw it off, otherwise let it stand 14 Days longer; if it is not then fine, rack it off, or fine it with Ising-glass; but if fine, draw it out into Bottles. Some gather the Berries when full ripe, who use the like quantity of Sugar and Water; but the Sugar is not to be put in till the Liquor is press'd off from the Berries, after lying 24 hours mix'd with the Water. Thus they make excellent Wine. From the Lees, but chiefly from the Wine, if grown hard or prick'd, an excellent Brandy may be drawn. Such as would make a greater quantity of Wine of the same Fruit, add a larger quantity of Water. For every six pounds of ripe Fruit stamp'd, they put six quarts of Spring Water, and half a pound of fine white Sugar; which being boil'd all together and scum'd, and pass'd through a hair Sieve, they (when thoroughly cold) put it into a Stean Pot, or other fit Vessel; which, after 6 or 7 Days, may be drawn off into Bottles; putting into each Bottle the quantity of a Nutmeg of Loaf Sugar. It will not be fit to drink under a quarter of a Year, and will keep very good a whole Year.

66. GOOSBERRY - CREAM.

Coddle your Berries green, and boil them up with Sugar as for

a Preserve; put them into the Cream strained, while the Berries are whole; scrape Sugar over them, and so serve them up in boil'd or raw Cream. And in this manner you may use Strawberries, Raspberries, or Red Currans whole, in raw Cream; or serve them up with Wine, Sugar and D. R. W. without Cream.

67. GOOSBERRIES to Candy:

Take the fairest Green Goosberries, wipe them clean with a Linnen-Cloth, pick the Stalks from them; add to every pound of Goosberries two pound of Sugar, and an ounce of Sugar-Candy; dissolve them in D. R. W. and so boil them up to the height of *Manus Christi*; and when it is come to its perfect height, let it cool, put in your Goosberries; for if you put them in hot, they will shrink; stir them well together with a wooden Spatter, till they be candied; then put them up and keep them.

68. GOOSBERRY - FOOL:

Take a pint and half of Goosberries, pick'd clean from the Stalks, put them into a Skillet with a pint and half of Water, scald them till they be very tender; bruise them well in the Water, and boil them with a pound and half of fine Sugar, till it be of a good thickness; put to it the Yolks of six Eggs, and a pint of Cream: Stir these well together, till ye think they be enough, over a slow Fire; put it into a Dish; and when it is cold, eat it.

69. GOOSBERRIES to

keep all the Year. Take the very longest Berries when they are green and very hard, pick off the Stalks and Tails, and coddle them in fair Water, or rather only scald

scald them, not letting them boil for fear of breaking, so will they have a fixed greenness on them; put them into a Cullender and let them drain, and when they are cold and thorough dry, put them up into Glass-bottles, filling the Bottles full, and stop them firmly up, as if it was for Bottle Beer; so will you have Goosberries all the Year good, of which you may make Goosberry Tarts at *Christmas* and *Easter*, as good and natural, as if it was the true Season of the Year.

70. GOOSBERRIES to Preserve. Take of the largest Berries when they are green and hard, pick them clean, and covering them very close, let them stand over a gentle fire half an hour, to Coddle a little; but suffer them not to boil, lest the Skins break; and when you perceive a fixed greenness on them, put them into a Sieve that the Water may drain from them; then put them into as much Clarified Sugar as will cover them, and simmer leisurely, being close covered, by which they will look greener than they grew, and having suffered them to stand on the fire in the Syrup, take them off, and being cool, put them up for use. Now as for the Preserving the various sorts of Green Fruits, there are several proper Seasons to be observed, viz.

71. GOOSBERRIES Green about *Whitsontide*; White Wheat Plumbs in the middle of *July*; Pear-Plumbs in the middle of *August*; the Peach and Pippin about *Bartholomew Tide*; Grapes in the beginning of *September*. Note, That when your Green Fruit is to be Preserved, you have two

Skillets of boiling Water, to shift them into one as the other cools, and settle them in the Water till they fix to a greenness; then take and put them into a Sugar Syrup, and let them boil gently about a quarter of an hour, and so put them up for use.

72. GOOSBERRIES to Pickle. Pick the Berries clean from the Stalks and Buds, lay them in soak in Salt and Water all Night; put them into the Juice of Crab-Cherries, Grape-Verjuice, or other Verjuice, and so Barrel them up. In this manner you may Pickle green Grapes and Plumbs.

73. GOOSBERRY-TART. Raise your Tarts, strow some Sugar in the bottoms of them, take large Goosberries pick'd, and lay them herein one by one, covering the bottom, and sprinkle thereon some Sugar; lay on another Lay, and cover that with Sugar, and so continue doing till your Tarts are full; let the Lid be Carved, and bake them quick, by which means they will be green and clear; so will Codlings bake green, if you order them as you do the Goosberries, and cutting their Lids; but if you would have your Fruits baked red, bake them slowly, and let their Lids be close.

74. GOOSBERRY-WINE Another way: Take the ripe Berries, and put them into a Vessel, and pour upon them a sufficient quantity of Water very hot; and covering the Vessel very close, let them stand till the Liquor is impregnated with the Juice, at least three or four Weeks; then draw it out, mix it well, and Ferment it with fine Sugar; putting it up in Bottles close Cork'd, it will

become a Generous Wine; A little of it is good in Fevers, and other hot Diseases; and may be drank for Pleasure, as ordinary Wine.

A Decoction of the Leaves of Goosberries, cools and allays hot Swellings and Inflammations; and when they first begin to Bud, being beaten and infused in White-Wine, they much help in expelling the Stone; and being eaten with Cooling Herbs as Sallets they allay the excessive heat of the Liver and Stomach.

75. GOUT: Take the Roots of Red Dock and Burdock; bruise them, and put to them a little Spirit of Wine; let them stand twenty four Hours; press out the Liquid part very hard, and put to it a little Oil of Turpentine and Olive-Oil, and stop these up close in a Glass for use; and when you are to use them, pour out a little into a Saucer, warm it over a Chafing-dish of warm Coals, and dipping a thin Linnen Cloth in it, wrap it hard and close about the part grieved; and in so doing twice or thrice, the Pain will entirely cease.

76. * GOUT External. For an External thing, where the Gout comes of a cold Cause, this is famous. Take Oil of Turpentine, and Oil of Spike, of each four ounces; Oil of Amber two ounces, mix them, and therewith anoint as hot as the Patient can endure it, Morning and Evening. But in any Gout whatsoever, this will not fail. Take Oil Olive three ounces, Oil of Vitriol one ounce; mix them well together by stirring; it will be best to put in the Oil of Vitriol by degrees, so will the whole Mixture become a kind of brown Ointment; this will not fail in extremity, but the Patient must beware of his Linnen and Cloths, because this Medicine will rot and spoil them.

77. * GOUT Emplaster. Take Empl. de Minio 2 pounds, Genoua Soap one pound, melt, and mix them well in an Earthen Pan; take it off the Fire, and being half cold, add a soft Extract of Opium 2 ounces, Camphir in powder 8 ounces, Oil 6 ounces; stir them till they are perfectly mix'd, and keep it for use. For this purpose it is the wonder of the World, and an Asylum for all Arthritick Patients. Laid on the Stomach, it takes away any Pain or Grief there; laid on the Belly, it gives ease in the Colick; laid on the Back, it eases the pain thereof, strengthens it, and is good against Fluxes of the Belly, heat in the Reins; discusses Contusions, Swellings, hard Tumors, and gives ease in all Pains or Aches in what part of the Body soever; and applied to Cancerated Breasts when in beginning, it discusses the malign Humor, eases the continual Pain, and in length of time performs the Cure.

78. GOUT to Check it: Take Florentine Orrice sliced three ounces, of Sarsaparilla sliced and cut thin 3 ounces; to these add an equal weight of Raisins of the Sun rubb'd very clean, but not broken; put both these into three quarts of Brandy, and let them stand on a moderate heat, that the Liquid part may simmer for several Hours; and being close Bottled up, take a quarter of a pint when the pain comes upon you, and it will give you present ease.

79. GOUT to Remove: Take Tincture of Opium six Ounces, Saccharum Saturni one ounce, Camphire half an ounce; mix and dissolve, and therewith Bathe the part afflicted.

80. * GOUT

80. * **GOUT-RUNNING, or RHEUMATISM.** *The Running Gout or Rheumatism, is scarcely to be cured without the use of Internal means; for which purpose we commend our Pulvis Rheumaticus, which seldom fails of performing the Cure in four or six days. Dose from one scruple to half a dram, or two scruples in strong Bodies: See it in our Ars Chirurgica, in the Pharmacopœia Chirurgica.*

81. **GRAPES:** The Sweet ones are of a thin hot substance, and therefore cause Thirst, and loosen the Belly; but the Sowre ones are binding, and help Digestion. The Juice of the ripe Grape applied to Burns or Scalds, eases the Pain. The Mother of the Wine or Grapes being kept, is profitable against Inflammations of the Breasts, and Hardness of them through too much abundance of Milk. The Decoction of it in Clysters, is good for Dysenteries or Fluxes: The Stones or Seeds have a Restraining Vertue; and are profitable for the Stomach; and being parched, and beat to Pouder, and drank in White-Wine, are very good against the Flux, and also the weakness of the Stomach. Dried Grapes and Raisons have yet a greater Vertue and Property in Physick, and more especially those that are sweetest, and of most substance, as those of *Damascus, Cyprus and Candia.* They are good for Coughs, Sore Throats, Pains in the Reins and Bladder, if you eat the Stones with them. Being boiled with Sugar, and the Flower of Barley, and an Egg, they purge the Reins: Being reduced into a Plaster with Flower of Beans and Cummin-Seed, they allay

Inflammations. The Fat Raisons Nourish more than the Sharp and Lean ones. Those that are stoned are Lenitive, and therefore very helpful in the Pains of the Breast, Coughs, sore Throats, Pains of the Bladder or Reins, and the Obstruction in the Liver.

82. **GRAPES to keep fresh and green.** Take the fairest clean Grapes and lay some Oats in a Box, and then a Lay of Grapes, and so more Oats till you have laid all in; cover the Grapes well with Oats, and close your Box fast that no Air get in.

83. **GRAPES to keep.** Take your best Clusters and hang them up in a Room upon Lines, and be sure not to let them touch one another: They will keep four Months.

84. **GRAPES to Preserve.** Take the Grapes when green, stone them, and break the little Bunches off the Stalk of the great ones; take their weight in *D. L. S.* finely beaten, and strew a row of Sugar in your Preserving-Pan, and a Lay of Grapes upon it; then strew some more Sugar on them, and put in four or five spoonfuls of fair Water, and boil them up as fast as may be.

85. **GRAPES to Preserve, another:** Take the best White Grapes before they be too ripe, pick out the Stones and weigh them; as you stone them, put them into a good quantity of fair Water, when they are all ston'd, set them on a Moderate Fire, till they are scalding hot, but let them not boil: Take them off, and put them into cold Water, take the weight of them in *D. L. S.* and Clarifie it with a quart of Water to a pound of Sugar: Let it stand till it is cold, pack

your

your Grapes handsomly in your Preserving-Pan, and put your Syrup to them, and cover them close with Paper, set them by 24 Hours; then set them on a very gentle Fire, and let them be scalding hot, cover them with Paper, and set them by 24 Hours more, drain well the Grapes, and boil the Syrup, till it is almost ready to draw out Ropeing; pack them in a Pan, and put the Syrup to them, and set them on the Fire till they almost boil, cover them and set them by, for they will be preserved enough. Let them stand 24 Hours in their Syrup, then put them into Pots or Glasses, and make Jelly and put to them. You may make your Jelly of strong Pippin Water and D. L. S.

86. GRAPES and VINE-BRANCHES, *their Virtues.* Very admirable are the Virtues of the Vine, and the Fruit thereof; I had almost said above all other Fruits: For the Leaves and tender Branches being bruised and laid to the Head, by their cooling quality, ease the Pains thereof, occasioned by Heat, also the Inflammations or Heat of the Stomach, being applied to it: And the Juice drank in Borrage-water, helps the Dysentery, Fluxes or Spitting of Blood, Weakness of Stomach and bad Appetite, especially in Women great with Child. The Water which flows from the Vine when it is Cut, or Bleeds (as some Term it,) being drank in White-Wine, purgeth the Gravel. The Ashes of the Branches of the Vine, and Stones of Grapes, mixed with Vinegar, help Costiveness. It's good against the Stings and Bitings of Venomous Creatures; and if mixed

with Oil of Roses, Rue and Vinegar, and laid Plaisterwise, it helpeth the Inflammation of the Spleen.

87. GRAVEL. If you be troubled with the Gravel in the Reins, Kidnies or Bladder, take Daucus-seeds, Winter-cherries, and Burdock-seeds, of each an ounce; mix them together, and put one ounce of the Mixture into a gallon of small Ale; and when that has steep'd a while, and is drank up; put the other ounce into an other gallon, and so continue it as a Drink.

88. ANOTHER: Take Eggs-shells and Crabs-claws, of each an ounce, and beat them into Powder; Fennel-seed powder'd half an ounce; Powder of Nutmegs four drams, double refined Sugar two ounces; these being mixed and finely sears'd, take as much at a time as will lie on a Shilling, in a Glass of White-wine in a Morning fasting; or it may be taken in Ale or Beer.

89. GRAVEL to Expel. Take a quart of White or Rhenish Wine, put in the Juice of Onions, Juice of Housleek, and Syrup of Citron, of each an ounce; mix them well together over a gentle Fire, and let the Party drink a quarter of a Pint at a time blood warm, and so doing four or five times, it will force the Gravel before it, and cause it to void through the neck of the Bladder.

90.* GRAVY-BROTH: Take a good fleshy piece of Beef, not fat, and lay it down to the Fire; and when it begins to roast, slash it with a Knife till the Gravy runs out, and continually baste it with what drops from it, and Claret wine mixed together, and continually cut it, and baste it till the Gravy be out; take this Gravy, and set over a Chafindish of Coals,

Coals, with some whole Spice, Lemon-peel, and a little Salt: When you think it is enough, lay some Sippets into another Dish, and pour it in, and serve it up to the Table; garnish your Dish with Lemon and Orange; if you please, instead of Sippets you may put in some poach'd Eggs, done carefully.

91. **GRAVY to Make:** Take a pound of lean Beef, slice and beat it with a Rowling-pin, put it in a Frying pan till it is brown, put in a pint of strong Broth, and an Onion, let it boil up, then strain it.

92. * **GRAVY to make in haste.** It is drawn presently from an Ox's Kidney, being cut into pieces and sliced, season'd high with Salt and Pepper, and so put into a Stew-pan, with Water enough to cover it, with an Onion sliced, or a Shalot or two cut, a bunch of Sweet-herbs, and a piece of Sweet Butter; and then gently stewed for a little Season.

93. * **GRAVY otherwise made.** Cut a lean piece of Beef into thin pieces, which scotch and beat well; put to it in the Pan a good piece of Butter, fry it brown, and till its Goodness is out; then cast it away. Put to the Gravy a little Lemon-peel, Cloves, Pepper and Salt, a Shalot or two, two or three large Blades of Mace, 4 Anchovies, a quart of strong Beer, and half a pint of Red-Port Wine, or White Port, according as you would have the Colour: Boil them together, and then put it into an earthen Pot for use.

94. * **GRAVY to keep.** Take a piece of course Beef or Mutton, &c. cover it with Water, and boil it a while; after take it

out, beat it very well, and cut it into pieces to let out the Gravy: Add a bunch of Sweet Herbs, some Salt, bruised Pepper and an Onion; put it in again, let it stew, but not boil. When it is of a good brown Colour, and high enough, take it up, and put it into an earthen Pot, letting it be cold. Scum off all the Fat, and keep it one Week under another; if it inclines to change, boil it up again, and set it by for use. If you use it for a *brown Frigasy*, brown the Butter in the Frying pan, shaking in a little Flower as it boils, put in the Gravy with a Glass of Red-Port, and shake up the Frigasy in it. If for a *White Frigasy*, melt your Butter with 2 or 3 spoonfuls of Cream and Yolks of Eggs, with White Port Wine.

95. **GREEN OINTMENT.** Take new Butter, boiled and purified, four pound; Burgundy-pitch, and Rosin, of each a pound; Yellow Bees wax four ounces: Melt them, and make an Ointment over a gentle fire, adding an ounce of fine Verdigrise in fine Powder, and so keep it stirring till the Ointment be cold.

This is a wonderful Cleanser and Healer of all sorts of Wounds and Ulcers; it gives Ease to Pains, and allays Burnings and Heats in the Wounds, or any Inflammations. It's greatly in request for Burns and Scalds, especially if mixed with Oil of Roses and Snow-water, and applied on a Linnen Cloth to the place grieved.

96. **GREEN - SAUCE:** Take the Blades of Green Wheat, Sorrel, Parsley and Spinage; stamp them in a wooden Mortar or Bowl, with some Vinegar and fine White Sugar, and serve it up in Saucers, somewhat thin-

nish,

nith, with a Leg of Veal boiled, or a Calf's Head.

97. **GREEN WEED**, or *Winter-Green*: This mainly conduces to the healing of Green Wounds; the green Leaves bruised, or the Juice applied. A Salve of Green-weed stamped, or the Juice boiled with Bees-wax, Hogs lard, Sallet Oil, and Turpentine, is highly preferred for the Cure of all manner of Wounds or Sores. The Herb boiled in Wine or Water, and given to such as are troubled with any inward Ulcers of the Kidnies or Neck of the Bladder, mainly relieves them. It stays Fluxes, is good in Inflammations and Pains of the Heart; also in Cankers or Fistula's. The distilled Water may be carried along with you, or kept by you for the above-said uses.

98. **GREEN-SICKNESS**: Take a good handful of Red-Sage, half a handful of Penniroyal, half a handful of Germander, four ounces of Raisins of the Sun stoned and Figs, half an ounce of Liquorice sliced: These must be boiled in two quarts of Ale, till half be consumed; then drink a quarter of a pint fasting.

99. **GREEN-SICKNESS** to Cure: Take Tartar Vitriolate, Roots of Gentian, of each an ounce and a half, Filings of Steel from the Needle makers an ounce; Galingal the less, Lignum Cassia, of each a dram; Saffron a Scruple: bruise them, and put them in three pints of White wine: let it stand 3 Weeks, often shaking it, then strain it.

This Wine opens all Obstructions of the Liver, Spleen and Womb: cures the Green Sickness, expels Wind, discusses Swellings and Hydropical Humours, cures the Evil Disposition in Virgins;

want of Appetite and ill Digestion; young People should take it five or six days before the New Moon; but elder Women as many days before the Full Moon: The Dose from four spoonfuls to six or seven in the Morning.

100. **GREEN-SICKNESS**: Take an ounce of Steel prepared, as much Ginger beaten fine, one whole Nutmeg, as much Mace and Cinamon; mix all together with two ounces of Sugar: take as much at a time as will lie on a Shilling, in the Morning fasting, and stir after it as much as you can; a quarter of an hour after you have taken it, drink a quarter of a pint of Wormwood-wine.

A Purge to be taken before and after the Pouder.

Take half a pint of White-wine, and half a pint of Water, half an ounce of Sena, a dram of Rhubarb, two drams of Liquorice and a dram of Aniseeds; put all these into a Pipkin, and set it over the Fire, let it boil till a quarter be consumed, then strain it, and when you use it, put three spoonfuls of Syrup of Roses to it; the Pouder must be kept very dry.

101. *** GRIPEs of Children**: Take the Oils of Nutmeg and of Wormwood, of each a dram: mingle them with two drams of Camphire, and anoint therewith the Party's Navel; and by often so doing, the Pain will cease.

There is nothing better in the World for this Disease in Children, than to give them from 6 drops to 10, 15, or 20 of our Gutta Vita in a spoonful or two of Posset drink sweetned with White Sugar, into which one or two drops of Oil of Aniseed has been drop'd.

102. **GROUND**

102. **GROUND-PINE.** This is Excellent to Strengthen the Nerves, and to open the Parts; it also provokes the Courses, expels the Dead Child in the Womb, and the After-Birth, but not safe to be taken by Women during their going with Child; because it works so powerfully, that it endangers Miscarriage. If it be boiled in White-Wine, or Powder'd, and made into small Pills with Hemodactyls and Venice-Turpentine, it is given in Dropsies; and outwardly applied it cures Ulcers, by cleansing and filling them with good Flesh.

103. **GUAJACUM.** This for its singular Virtues, is called *Lignum Sanctum*, or Holy-Wood; and *Lignum Vita*: The Decoction of it well managed and taken in time, is a certain Remedy for the French Disease. It is good in Dropsies, for Asthma's, Falling-Sickness, and Diseases of the Bladder and Reins, Pains in the Joints proceeding from cold Tumours and Wind. It grows in the West-Indies, and there the Spaniards learned the use of it from the Natives.

104. * **GUAJACUM Diet-Drink.** The way to prepare the Decoction of this Wood, is in this manner: Take twelve ounces of the Wood Rasped, of the Bark of it beaten two ounces; infuse it in six quarts of Water, in a large Earthen Pot, the space of 24 Hours, keeping the Pot close stopped, and boil it with a gentle Fire to the Consumption of two Quarts; and when it is cold, strain it; then put to the same Wood a Gallon of fresh Water; boil it to three Quarts, and keep these two Waters apart for use.

The first is to be drank half a pint or better at a time, mixed with

a Decoction of Raisins and Currants: The other as ordinary Drink mixed with an equal quantity of Ptisan, or Barley-Water boiled with Liquorice.

105. **GUMS Apollimated:** Take a handful of Red Sage, boil it in White-Wine, add an ounce of the Powder of Burnt Alom, and wash your Mouth frequently with this Water; it is also good against the Scurvy. It likewise fastens the Teeth, and keeps them from Rotting; gives them a Whiteness, and eases the Tooth-ach.

106. **GUMS Scorbutick.** Take Catechu in fine Powder the best, two Drams, choice Myrrh (not Lucid) one Dram, Roch Alom crude half a dram, Claret one pint; boil them over a gentle Fire, strain out the Liquid part, and put a spoonful in your Mouth twice or thrice in a Day.

107. **GUMS to Strengthen.** Take Japonian Earth, and in a pint of Claret or Red Wine, dissolve as much as you can of it; then decant the Liquor warily from the subsiding Feces, and with it, when well settled, wash your Mouth Morning and Evening, and it will not only fasten the Teeth, but renew the Gums where they are Decayed or wasted.

Rub your Gums Morning and Evening, and two or three times in the Day besides, with Scurvy Grass, and it will strengthen and restore the Gums, and fasten the Teeth, more especially if the Bruised Herb may lie all Night in the Mouth, between the Gums and the Lips, or Cheeks.

108. * **GUM AMMONIACUM.** Chuse that which is without Sand, clear within, burns clear when it is fired, softens and sticks to the Hands when handled,

led, and will dissolve in Water. It has a bitterish Taste, and smells stronger than Galbanum, attenuates and resolves. It is chiefly used for Pains of the Gout, to resolve viscid and thick Mucilage of the Lungs and Mesentery, open obstinate Obstructions of Liver, Spleen, Womb and Reins; outwardly to dissolve hard stumous Swellings, a Scirrhus, and Cancer in beginning. The *Spirit of Ammoniacum* is prevalent against the Plague, and all sorts of malign Diseases; 'tis used in the Scurvy, and all manner of Obstructions: It's Oil is good against the Palsie, and Hysterick Diseases, the diseased Parts being anointed therewith. It is also given to Women to smell to, against Vapours, &c. Mr. New, a noted and good Chirurgeon of this City, commended to me upon his own Knowledge and Experience *Emplastrum à Cicuta cum Ammoniaco* for the Cure of Cancers, especially being applyed whilst recent or in their beginning. It is thus made: Take Gum *Ammoniacum* 8 ounces; dissolve it in Vinegar of Squells 8 ounces, mixed with Juice of Hemlock, 4 ounces; then strain, and reduce it to the Consistence of an Emplaster; applied to the Region of the Spleen, Womb or Reins, it eases Pains in any of those Parts, and cures the Gout in what part of the Body soever.

109. * GUM ARABICK. The most transparent and whitest is best: It easily dissolves in Water; and a Syrup may be made of it with D. L. S. which will mitigate Acrimony, and be profitable against Catarrhs, Fluxes of Rheum, Coughs, Colds, Diarrhæas, and other Weaknesses of Bowels.

110. * GUM CARANNA. It is used by the *Indians* as an Anodyn, eases Pain, and dissolves all sorts of Tumours, and is commended in all Cases where Tacamahacca is of use; but is more effectual than that, and therefore rather to be chosen. It is brought from *Carthage*.

111. * GUM CAMBUGIUM. It is a concreted Juice of a yellow Colour, and is more yellow when moistned; it is both Emetic and Cathartick. It is given from 4 Grains to 10, 15 or 20, according to Age, Strength and Nature of the Disease: It evacuates Crude, Puitous and Tartarous Humours, from the Stomach, and all the other Bowels; and is of chief use for curing of the Yellow Jaundice, Dropsie, Gout, Rheumatism, and other like Chronick Diseases; with some it works gently, but with others more roughly and churlishly, with much Perturbation to the Stomach. It is given either in Powder, which is not so well, or in an Electuary with Honey, or else made up into Pills with a few drops of fair Water, which is truly the best way of taking it. It evacuates Water in an admirable manner, and does Wonders in the Cure of Dropsies.

112. * GUM of CEDAR, its Virtues. An Oil extracted from this Gum, is hot in the fourth degree; wherefore it doth, without pain, take away proud Flesh; but in hard Bodies it operateth with more time and difficulty. It dryeth Dead Bodies, and preserveth them from Putrefaction, by consuming the superfluous Humour, without touching the Sound Parts: But in Living Bodies

dies the Heat in them augments the force of the Oil, which causes it to burn the tender Flesh. It is excellent to kill Nits, Lice, or any Insect crept into the Ear; and good in cold Distempers to anoint the Joints and Limbs withal, being much available in Pains of the Gout, if mollified with Oil of Turpentine, and Oil of Ben, or such like suppling Oils.

113. * GUM ELATERIUM. It is the Juice of the Wild Cucumber, brought to a Consistence. It is a Noble Hydragogue, or Purger of Watery Humors. It is given against the Dropfy, Gout, and Rheumatism, from one grain to 3 or 4. but is rarely given alone, but in Composition with other Purgers, as *Esula*, *Scammony*, *Rhubarb*, *Colocynthis*, &c. with which being United, it will do Wonders.

114. * GUM ELEMI. It is brought from *Æthiopia*, and is said to Flow from a Cedar-Tree. It is pellucid, whitish mixed with yellow Particles; and being in a Mass, is almost of the Colour and Consistence of Wax, bitterish in Taste, and smells almost like Fennel. It is a Noble Vulnerary, dissolves Tumors, an excellent Healer of Wounds in the Head, and therefore Surgeons always use it in Balsams, Ointments and Plaisters, for Sores in the Head, and Fractures of the Skull. It digests old running Sores, cleanses sordid Ulcers, strengthens the parts it is applied to, and induces speedy Healing.

115. * GUM EUPHORBIIUM. It is a Concreted Juice very acrid. The pure and yellow, which but just touched by the Tongue, heats the Mouth for a great while

after, is good. It ought to be used with great Caution, because it has a very Churlish Property in it. It cures Dropfies, and wonderfully purges Watery Humours from the whole Body. Its substance has an inflaming Faculty, and as *Hofman* thinks, ought not to be taken inwardly; yet Experience has approved its Internal use, but is always given mixt with other Catharticks, from 1 to 2 or 3 Grains at most. It is used to Scale Rotten Bones, and to Cure putrid Ulcers by outward application; but it is not to be put upon Ulcers of the Mouth, Jaws, Nostrils, Palate, Tongue, or places where Nerves and Tendons are Naked, lest by biting them, and exciting vehement Pains, it should occasion dangerous Symptoms. Its Tincture in *Spir. Vini*, is most in use, but that also is to be used with Caution. See our *Phar. Chirurgica*, in our *Ars Anatomica*.

116. * GUM GALBANUM. It is a Fat Gum, but cannot be dissolved in Oil, but in Water it may; and therefore is of a middle Nature between a Gum and a Rosin: For it will burn like Rosin, and dissolve in Water like a Gum. It smells strong, is acid and bitterish in Taste. It is purified by dissolving it in Vinegar, and straining it through a Cloth, and then Evaporating the Moisture over a gentle Fire, to its due Consistence. But it is true, that by the Cleansing, some of its Volatile Particles are lost, in which consists much of its Virtue. But again, some of them are fixed by the Acid, which always hinders the vanishing of Volatiles. It is therefore better to be used without this Purification, if possible,

fibic, by chusing that which seems to be the finest and cleanest. Its chief use is to Mollify and Digest, and is used inwardly to open Obstructions of the *Viscera*, Mesenterry, and Womb, to resist Vapours Fits of the Mother, provoke the Courses, and to hasten and facilitate the Delivery of Women in Travel, to expel the After-Birth and Dead Child, as also a *Mola* or false Conception if any be. Given from a Scruple to half a Dram in an Electuary, or dissolved in Angelica-Water, it is good against the Falling-Sickness, and most cold and moist Diseases of the Head, Brain, Nerves and Womb. It is outwardly used in Plaisters, being applied to the Navel, or other parts affected; it discusses cold and hard Tumors in any part, and therefore is profitable against the Epilepsy, Struma's, Schirrhus's, Cancers, Oedema's, or white Swellings in the Knee, &c. as also to resist Vapours, Hysterick Fits, ease pain, &c. The Fume of it taken up the Mouth or Nostrils, &c. is good for all the purposes aforesaid, and prevails also against Fainting, Swooning, and Convulsive Fits.

117. * GUM LAC. It is said to be the Juice of an *Indian Tree*, but how made not certainly known. Others say it is a Production from the *Indian Pismires*. The best comes from *Pegu* and *Martaban*, and is twofold, 1. *Seed Lac*. 2. *Shell Lac*. It attenuates and opens, purifies the Blood, provokes Sweat, and is Diuretick; used chiefly in Obstructions of Liver, Spleen, Womb, Gall, Bladder and Mesentery, is good against Asthma's, Apostems of the Lungs, Courses stop't, Drop-

fies, Jaundice, and the like Illnesses. Of this, the Fine hard Sealing Wax is made.

118. * GUM OPOPANAX. It is a Juice flowing from the Herb *Panax*, or *Hercules's All-heal*. It is one of the Noblest of all the Gums, for it cures Vapors and Hysterick Fits, beyond *Assa Fetida*. It opens inward Obstructions of the *Viscera* and Womb, Digests, Mollifies, heals Wounds, discusses Wind, purges thick and clammy Flegm, even from the most remote parts, as Heart, Nerves, Joints, cures the Colick by carrying off the Cause, and cleanses the Urinary Parts of Gravel, Sand, and Tartarous Humours lodg'd therein. The best is yellow without, whitish or yellowish within, smells strong, is very bitter in Taste, of a Fat Consistence, is light and Friable, and easily dissolves in Water.

119. * GUM-SAGAPENUM. It opens, discusses, attenuates, cleanses, and is Anodyn, used for Stitches and Pains in the Spleen, Sides, Brest and Mesentery: It cleanses the Lungs of thick Matter which sticks to them, is used against the Falling-Sickness, Convulsions, Vertigo, Lethargy, Palsie, and Obstruction of the Courses, taken from a Scruple to two Scruples dissolved in Wine. It helps Ruptures in Children, and cures the Bittings of venomous Creatures, Mad Dogs, and the like; being smelt to dissolved with a little Vinegar, also inwardly taken, it cures Fits of the Mother. It is accounted among the strong Purgers; but *Mesue* says it hurts the Stomach, and is therefore to be corrected with Mastick, Spikenard, Coriander-seeds, Cubebs, &c. It

&c. It is not to be given to Women with Child, because it is said to kill the *Fœtus*. Outwardly it is applied to Pleurifies and other Tumours, because it resolves and eases Pain. The Fume of it takes off a Fit of the Falling-Sickness; applied Plaister-wise, it takes away the *Hordeola*, or little Excreſcencies on the Eye-lids.

120. * GUM SARCOCOLLA. It receives its Name from agglutinating Flesh: It is best when it is fresh, and of a palish Colour; for when it is old, it grows Reddish. It is of a Porus Substance, and of a bitter Taste, easily dissolving in Water; it heats, dries, is astringent, suppurative and concoctive: It consolidates, and agglutinates, chiefly used in Healing and Cicatrizing Wounds. It is good against Rheums in the Eyes, as also Albugo and Nubecula in them, being infused in Rose-Water, and mixed with Breast Milk.

121. * GUM TACAMAHACCA. The *Indians* use it much to resolve and discuss Tumors of all kinds in any part of the Body, which it wonderfully performs, and eases Pains: When the Tumor will not discuss, it suppurates it, and disposes it to breaking; but its natural and proper Qualities are Discussive and Anodyn. It eases all Pains proceeding from Cold and Pituitous Humours, Strumous and Oedematous Tumors in the Knee, and the like, applied Plaister-wise; and so applied to the Navel, it is good against Vapours and Hysterick Fits in Women. It stops all Catarrhs or Fluxions of Rheim from the Head; and being applied behind the Ears, and to the Temples,

it diverts Defluxions on the Eyes, Teeth, Jaws, and other parts of the Face. It cures the Tooth-ach, the hollow Tooth being stopt with it. It eases also all Pains of the Sciatica, and Gout, proceeding from cold Humours; and its Fume presently takes off Fits of the Mother.

122. * GUM TRAGACANTH. It attemperates Acrimony, and is used in Diseases of the Lungs, for Asthma's, Coughs, Colds, Hoarseness, difficulty of Breathing, Wheezing, Catarrhs, &c. It eases pains in the Reins, and obtunds Corroding Humours in those parts, as also in the Bladder, or its Neck. Dissolved in Milk, or Oak Bark Decoction, and given Clysterwise, it cures the Bloody-Flux. A Mucilage of it in Water, takes off Redness and Inflammations of the Eyes, as also Fluxes of Rheim upon them. For inward uses it may be made into a Syrup or Gelly, and so taken, it is good against both Spitting and Pissing of Blood, or any inward Flux of Blood in the Bowels.

123. GUN-POUDER SPOTS to remove: If any Spots of Gun-Powder, or Shot stick in the Face, or other parts of the Body, you may remove either of them, by taking fresh Cow-Dung, warming it, and putting to it a little Hog-Lard, and applying it Poultif-wise.

This will be best done (if you design to remove the Deformity,) with a Blistering Plaister, which you may make of the Common Epispasticum of the Shops, laying it on over Night before going to Sleep, and removing it the next day, when it has lain on about 12 Hours, after which, cutting the Blister, you may heal the Sore,

Sore only by applying Colewort-Leaves : If the first Blister has not done the Work, you must apply a second.

124. **GUTS Griped :** Take about a quarter of a pint of Brandy, and having made a Toast of Bread, not too fine and white, throw it very hot in the Brandy, and as soon as 'tis thorowly drenched, take it out and eat it hot : This being repeated two or three times, the Pain will cease. Or use this, viz.

125. * **GUTS Griped.** You may give at Night going to Bed, two or three Grains of our Specifick Laudanum, or twenty, thirty, forty or sixty drops of our Guttæ Vitæ, in a Glass of Ale or Wine. Or this Mixture which never fails the Intention. Take of our Guttæ Vitæ, Powers of Juniper and Aniseeds, of each an Ounce, mix them ; of this give a Spoonful at Bed-time in a Glass of Ale or Wine. If it is inveterate, or of long standing, none is like to this. Take of our Guttæ Vitæ, Powers of Juniper and Aniseeds, Spiritus Anticolicus, of each two ounces, mix them. Dose a large Spoonful in a Glass of Wine, every Night at Bed time.

126. * **GUTTÆ VITÆ** Nost. Our Cordial Drops. Take Tartariz'd Spirit of Wine, or Tincture of Salt of Tartar, ten pounds : Extract of Opium made with Poppy Water, and brought to a Consistence, ten Ounces, Castoreum in fine Powder, two ounces ; Camphir bruised, Cloves, Cochinele, Cubebs, Ginger, Nutmegs, Mace, Narcotick Sulphur of Vitriol, Saffron, Virginia Snake Root, Zedoary, of each an Ounce : The last ten particulars, (the Saffron only excepted) reduce into subtil Powder, and from them extract the Tincture with the Spirit, by digestion in a gentle Sand heat for a Month, shaking the Bottle once or twice every day : Let it

rest seven days, and decant the clear Tincture ; in part of which, over a gentle heat with your Fingers, or otherwise, dissolve the Extract of Opium, which done, mix it with the rest of the Spirit, and digest them together for a Month, shaking the Bottle once or twice every day ; let it stand seven days more very still, and then decant the clear Tincture ; in which dissolve the Camphir, and the whole Preparation is finished, which keep as a Pretious Jewel for use. It stops all Catarrhs and Fluxes both of Rheum and the Bowels, all Fluxes of Blood, Urine, Terms, Whites, Gonorrhœa, and De-fluxions upon any part where there is Wound, Sore, Ulcer or Fistula ; it gives ease in Pain, is good in Restlessness, induces Sleep, and is profitable in the end of all sorts of Fevers : It allays Fury in Frenzy, Madness, Melancholy, and is good against Epilepsies, Convulsions, Vomiting, Pleurisies, Colicks, Stitches in the side, Weaknesses in the Bowels, Gouts in Shoulders, Hands, Hips, Knees or Feet, and Rheumatisms in what part of the Body soever. It gives ease in the Stone, Gravel, Sand, or Tartarous Matter, whether in the Reins or Bladder. It cures Asthma's, Colds, Coughs, difficulty of Breathing, Hoarseness, Shortness of Breath and Wheezings, after a very wonderful manner. Let it be taken every Night at Bed-time, in a Glass of Canary, Ale, Beer, or fair Water, from 10 Drops to 40, according to Age and Strength ; beginning with a smaller Dose at first, and increasing two drops every Night as Need requires, till you come to the highest Dose. Price 2 s. 6 d. an Ounce, Sold only at the Authors House.

H A-

H A

1. **HABERDINE-PYE.** The Fish being boiled, take it from the Skin and Bones, and mince it with some Pippins cored, season it with Nutmegs, Ginger, Cinamon, Pepper, Rose-water, Raisons, and Currants, Sugar, sliced Dates, scraped Limon - Peel, Butter beaten up with Verjuice; and when these are so ordered, fill up a Pye with them; and being baked, Ice it with Sugar dissolved in Rose-water.

2. **HAIR to Fasten:** If the Hair be subject to fall off, this fastens it, Take Red-Port Wine a quart; Catechu, Roch-Alom, of each an ounce; mix, dissolve, boil a little, then strain, and keep it for use, with which wash the Head often, at least twice a day, viz. Morning and Evening, as hot as can be endured.

3. **HAIR to make grow thick:** Take three ounces of Honey, and a handful of the Tendrils of a Vine; bruise the latter with the former, and having heated them over a gentle Fire till the Honey is melted, anoint the Place where the Hair is defective, or grows thin, and it will, in often so doing, sprout up, and become very thick and curling.

4. * **HAIR to grow on Bald Places.** Take Juice of Onions, and make Mustard thereof with Mustard by grinding them together: anoint this Morning and Evening over the bald Places; it has been approved as

a good thing, to make the Hair grow in bald Places: but this must be understood where the Hair is fallen off by accident, or some Disease, and while there is Youth and Strength in the Patient, but if the Baldness comes through Age, it is never to be cured.

And this makes Hair grow thick. Take Bears Grease, Juice of Garlick, of each an ounce; Mustard-seed ground small half an ounce: Mousedung in Powder six drams, mix them, and apply it Plaster-wise. If you add Turpentine half an ounce to it, it will be so much the better.

5. * **HANDS to Beauty.** Take Oil of Ben 8 ounces, Oil of Tartar per Deliquium an ounce and half, mix them well together; then add Oil of Myrrh an Ounce, Spirit of Sal Armoniack 2 drams; mix them, and keep it close stopp'd for use. Anoint with it where there are Spots, or other Deformities of the Hands, Face and Skin; it not only takes away the Deformity, but makes a fine white soft smooth Skin, and a lovely Charming Complexion.

6. * **HANDS to Beautify:** Another. This is an excellent thing to wash with: Take Saccharum Saturni an ounce, Roch-Alom six drams: Wine-Pinegar a quart, mix and dissolve: this beautifies the Skin, being wash'd therewith, and kills Worms, and takes away Bunches and Red Pimples in the Face, the Skin being wet therewith ten or twelve times a day. If you add a little Cochinele to it, it makes an admirable red Colour to colour the Cheeks and

Lips therewith. Some use a Tincture of Soot made with Urine, or the Spiritus Universalis, for a red Colour to colour the Skin with.

7. * **HANDS** Scabby. *If the Hands break out into Bitches and Scabs: Take Roch Alom, White Vitriol, of each an ounce, fair Water a quart; mix and dissolve, and then strain or filter through brown Paper, with this wash the Hands or other Places 3 times a day, with the Liquor as hot as it can well be endured, and continue the Wash for a quarter of an hour, or almost half an hour at a time: It cures in eight or ten days at most, and sometimes in four or five; nor does it ever fail, though the Evil has been of twenty Years standing.*

8. **HARE**, If she is new kill'd, will be stiff; if large and white, clean kill'd, then she is good; if limber, then stale kill'd, and will be black upon the Flesh of her Back,

9. **HARE** Boil'd the French way: Take a large piece of Beef that has a Marrow Bone in it, as also a piece of Bacon, and your Hare; season it with a little Salt; and when the Hare is almost boiled, take it up and bruise some Pease, and set them a boiling in the Broth, wherein the Hare was boiled; take all the Bones out of your Beef, and put the Hare again into the Pease, and the Pease being boiled enough, take them up and strain them through a thin Cloth, and put the Pulp a boiling in a Pot by themselves; dish up the Hare, and smother it by covering it over with the Pulp of the Pease, and it eats very excellently. In this manner they order a Capon or Turkey.

10. **HARE** to Dress the French way: Take a Hare cased and washed from the Blood, as also

some fresh Pork, or Veal, cut in handsome pieces of about three Fingers thickness; put it into an earthen Pot, or Pipkin, with Onions fryed with Hog's-Lard; put to the Hare and Pork some Beef Broth, as much as will half cover it, so set it a stewing on a gentle Fire, renewing it by degrees; take Bread well toasted, and the Livers of six Fowl parboiled, put them to steep in some of the Broth, and add Cinamon, Long-Pepper, Nutmegs, Cloves, and Salt, finely bruised, but not to Powder, of each two drams; and with a little Vinegar and Claret-wine, strain it into the Pot where your Hare, Pork, or Veal is, and let them stew together till they are enough; then withdraw them, and so dish them up.

11. **HARE** Hashed: Case it, draw it, and cut it in moderate Pieces, wash the Pieces in Claret and Water very clean, strain the Liquor, and parboil the Parts; take and slice them, and put them into a Dish with the Legs, Head, Shoulders whole; cut the Chine into many Parts, put in two or three sliced Onions, and some of the Liquor wherein it was parboiled, stew it between the Dishes over a gentle Fire, covering it close till it be tender; and put to it some beaten Pepper, Mace and Nutmeg, serve it on Sippets, garnishing it with Limons and Barberries.

12. **HARE**, or *Leveret-Pye*: Most are of Opinion, that these are best baked with their Bones, though some, more nice than wise, will bone them; however, being baked with the Bones, let the Bones be broke, and the Hare well larded, season it with Salt,

Salt, Pepper, Cloves, Nutmegs and Bay-leaves; put it into Paste at your Discretion, and with it a sufficient quantity of Bacon, that it may as well lie under it as above; and being baked, stop the Funnel of the Pye, after having poured in some melted Butter, and set it in a dry place to cool; and being cold, serve it up: But observe, if you will bone your Hare, to leave the Flesh as whole as may be, and larding it with great Lard, season it as directed.

13. * **H A R E to Roast:** As soon as it is laid down, baste it with Cream; but before you lay it down, shred the Marrow of a Marrow Bone with Salt, Onion, Shalot, Nutmeg, Parsly, Savory and Thyme: Rowl them up in a good piece of Butter, which put into the Belly of the Hare, and so Roast it. After the first Basting with Cream, keep it constantly basting with Butter, till 'tis enough. For Sauce, take a little Claret, a Blade or two of Mace, dissolve an Anchovey or two in it, and melt your Butter very thick; then take the Pudding out of the Belly, wash it all over with the Butter, and so serve it up.

14. **H A R E to Roast with her Skin:** When it is imboweled, dry the inside with a clean Cloth, make a stuffing of all manner of sweet-Herbs, as sweet Marjoram, Savory, Thyme, Parsly, &c. shred very small, and rowl'd up in Butter; and being almost roasted, fley off the Skin: Bread it with fine grated Manchet, Flower and Cinamon very thick, and so froth it up, and dish it on Sauce made of grated Bread, Claret, Wine-Vinegar, Barberries, Sugar, Ci-

namon and Ginger; and garnish the Dish with Limon and Parsly.

15. **H A R E Roasted, another way:** Having larded your Hare with small Lard, make a Pudding of grated Bread, Currans, Eggs, Sugar, grated Nutmeg, beaten Cinamon, and a little Salt; you will do well to add some sweet Cream; with this Pudding made pretty stiff, stuff the Hares Belly, and roast her: Venison Sauce is as proper as any whatever.

16. **H A R E another way:** Put the Hare on the Spit or Gridiron, when it is hot through, cut it into quarters, and put it into hot Hogs-lard in a Frying-pan; steep toasted Bread in Beef-Broth and White-wine, strain it through a Strainer with beaten Ginger and Cloves; add some Verjuice, so that your Composition may appear blackish, but not too thick nor binding; and so with Butter, Mustard, Sugar, and Juice of Limon well beaten, serve up this Dish, garnishing it with slices of Limons and Greens; in the same manner you may dress Rabbits, but especially old Conneys.

17. * **H A R E to Pot.** Quarter it, and season with Salt, Pepper, Cloves, Mace and Nutmeg; put all into a Pot, with a pound of fresh sweet Butter and a few Bay-Leaves. When it comes out of the Oven, take out the Bones, put it into a Mortar, and beat it fine; pour the Butter from the Gravy, and mix it altogether with your Hands, which done, put it into a well Glaz'd Venison Pot, such as you intend to serve it to the Table in; press it down close, and put as much Clarified Butter upon it, as will cover it an

luch above the Meat ; and set it by for use.

18. **HARTS - HORN** Burnt : Take of Harts-Horn as much as you think convenient, put it into a Crucible, and so put it into the Fire, till it becomes black, and continue it till it grows white ; pouder it, and make it into Troches with Rose-Water, and so keep it for use. In this manner you may reduce Ivory or Bone into a fine Pouder.

19. * **HARTS HORN** Drink. *Of this Calcined Harts-Horn we often make a Drink for such as are in Fevers, after this manner. Take Spring Water three Quarts, Calcined Harts-Horn two ounces ; boil till a quart is consumed, then let it settle, and strain it, and sweeten it with two or three ounces of D. L. S. squeezing also into it the Juice of a Limon. This Drink cools, and allays preternatural Heats, abates Fevers, and quenches Thirst admirably.*

HARTS - HORN Gelly, See Gelly of Harts-Horn.

20. **HARTS-TONGUE** : The Decoction of it in White-Wine, is excellent for the Swelling of the Spleen, Flux of the Belly, and Spitting of Blood. If outwardly applied, it Cleanseth Wounds and Ulcers. The Pouder of it is of excellent use in the Palpitation of the Heart, for Fits of the Mother, and Convulsions, being taken in Small-Beer, and Posset-Drink. A Conserve made of the green Leaves of it, is to the same Effect.

21. * **HASHT** Leg of Mutton : Cut the Flesh (without Skin or Fat) into broad pieces, beat it with the back of a Chopping-Knife, but not to pieces ; put it thus into a Dish, first rubb'd with Garlick or Shalots. Put Liquor

into it with an Onion cut into Quarters or smaller parts, some Salt, and a small Bunch of Sweet Herbs. Cover it, and let it Stew till it changes color. Put in a quarter of a pint of White-Wine, three Blades of Mace, an Anchovie or two, and stew till the Anchovie is dissolved : Then take out the Herbs, put the Meat and Liquor into a Dish, and serve it up.

22. * **HASHT** Shoulder of Mutton : Being half Roasted, cut it into thin slices, take a Glass of Claret, 2 or 3 Blades of Mace, two Anchovies, a Shalot or two, a few Capers, a few Sprigs of Savory and Thyme, with some Limon Peel and a little Salt ; let it stand half an Hour covered, and when enough, shake over some Capers and serve it.

23. **HASH** of Oysters. Par-boil about three quarts of Oysters in their Liquor, mince about two quarts of them small, and stew them with half a pint of White-Wine; an Onion cut in quarters, four large Blades of Mace, and a grated Nutmeg, sliced Chestnuts, some Pistaches, and a quarter of a pint of White-Wine-Vinegar, a pound of fresh Butter, Pepper, Salt, and a handful of sweet Herbs ; stew them well on a soft Fire, and fry the remaining Oysters seasoned with Pepper, Salt and Nutmeg, in a Batter made of fine Flower, Eggs, and Cream ; green it with the Juice of Spinage, and serve them together with Limon-Juice, and a Garnish of sliced Orange and Olives.

24 **HASH** of Scotch Collops. Cut a Leg of Veal in thin slices, beat them with a Rolling-pin, and fry them with slices of Bacon,

con, add sweet Butter, and being well fried, dish them up; put from them the Butter you fried them with, and put beaten Butter, with Limon, Gravy, and the Juice of Oranges. Mutton may be Hashed the same way, only leave out the slices of Bacon; or if you would do them the *French* way, parboil your Meat, take it up, and pare off some thin slices on the upper and under side, and round it, prick it through, and let out the Gravy on the slices, shred and bruise some Thyme, Marjoram, Parsly, and Savory, and put to them sweet Butter and Verjuice, with some beaten Pepper; and when the Meat is boiled or stewed, pour all the Herbs, Slices and Broth into the Dish, and serve it up Garnished with Parsly and Barberries.

25. *HASH'D Venison the Dutch way.* Cut a Haunch of Venison into Collops, fry it with sweet Butter and Oysters, adding a little Gravy or strong Broth, and having your Stew-pan simmering with some Broth or Gravy, put it in with the Oysters, and suffer it to stew about half an hour; strip in some Thyme and Winter-Savory, with a Blade or two of Mace, and some whole Cloves and Pepper; make Anchovey-Sauce, and with the Gravy serve it up, Garnish'd with Limon-Peel, and Shalots peeled and slit in halves, and some few heaps of Grated Manchet mix'd with Cinamon and Pepper. This is very Savory Meat.

26. *HASH'T Veal:* Cut them out of a Leg of Veal as thin as possible may be, and beat them with the back-side of a Knife; take Fat Bacon, and Beef-suet

and sweet Herbs, mincing them very small, and mingling them together, season them with beaten Spice and Salt; and having made them up round like an Orange, stew them, and serve them up whole in good Broth, Garnish'd with Oranges, and put some Verjuice into the Broth.

27. *HASTY PUDDING:* Take New Milk and boil it, put in Flower, plump'd Currants, beaten Spice, Salt and Sugar, and stir it continually till you find it enough, then serve it in with Butter and Sugar, and a little Wine if you please.

28. *HASTY - PUDDING of Napel-Biskets:* Take a pint of sweet Cream, boil it, and season it with sweet Water, Nutmeg and Sugar, and the Yolks of 3 Eggs; take a quarter of a pound of Napel-Bisket grated, put it in and let it boil, stirring it till it thicken as a Hasty-Pudding, put it in a Strainer till the Butter of the Cream drain from it; when it is cold, serve it up with Confit strow'd on it for second Course.

29. * *HASTY - PUDDING Country.* Take a quart of Cream and a pint of New Milk, season it with Salt, and add to it half a pound of D. L. S. make them boil, and then strew in pure fine Wheat Flower, continually stirring, till it is both thick enough and boil'd enough; and so serve it up with its top stuck full of Fresh Butter, and D. L. S. in fine Poulder strew'd over it. Some eat it with Cream, some with Canary, and some with both mixt together.

30. * HAY, HOLY HAY, SAINT FOIN. It has obtain'd the preference above *Clover-grass* with us *England*, as continuing longer in its Growth, and Flourishing Condition; so that in some parts of the Kingdom, it has been found growing well and good twenty Years, and in some parts it has lasted 30 Years or more, and that on Poor and Barren Land; besides it improves the Land very much, so that that which was worth but 5 or 6 Shillings an Acre, it has made it worth 30 Shillings or more an Acre, during all the Time of its Growing and Thriving upon the Soil. It improves the Land also on which it grows, by the Plowing in of its Roots, by which it becomes an Excellent Manure for it, which is what is not usual with other Plants or Grass. It will thrive on the Poorest and Barrenest Land we have, except it be Sheer-Sand, or all Clay, where its Roots cannot penetrate, or in Cold and Wet Lands, which are not proper for it; nor yet on Rich Land, because on that the Weeds destroy it. But as for Barren Land, it meliorates it, and in some time makes it fit to be Sown with Corn. Other ordinary Land you may break up, and Sow with Corn till it is out of Heart; and then Sow it with *Saint Foin*. 'Twill grow on any dry Barren Land, where scarcely any thing else will grow; and its Roots running deep, and growing great, will not soon be wasted, nor yet dryed thro' the heat of the Sun; but it is said to thrive the best in a shallow Ground, for in some it is apt to run too deep. It grows on Chalky Lands at *Roydon* in *Hartfordshire*,

and upon Miry, Chalky Clays, and dryest parts of *Roydon Heath*, which consists of dry Chalky Hills, and in some parts of *Dorsetshire*, it grows on Stoney dry Hills, where the Earth is not above half a Foot deep, its Roots running in between the Cracks of a Flaky Lime Stone, the Earth being a light Red Loam. Also it is said to grow to admiration, and a vast advantage in several parts of *Norfolk*, where the Land is Barren, or of a Light Sandy Mould not easily made Fruitful. 'Tis certain that it is one of the best Improvements of Land that can be made, where it will take, and especially where Manure is scarce. It must be Sown in greater quantities than *Clover-grass-Seed*, because its Seed is much larger. The best proportion yet found out, is 4 Bushels to an Acre. You need not fear Sowing it too thick, because it the sooner stocks the Ground, and destroys all the other Grass and Weeds. The Ground must be made very fine, and it may be sown either alone, or with Oats or Barly, as *Clover-grass-Seeds* are. Let it not be fed the first Year, especially with Great Cattel, because its Sweetness will cause the Cattel to bite too near the Ground; and great Cartels treading of it, will be a great Injury to it, so that they should be kept out of it till its third Year; for which Reason, it will be best to Mow it the first and second Years, and after that, it will be out of Danger. If you Sow it alone, the best time will be from the beginning of *August* to the end of *September*; but if mixt with Barly or Oats, from the beginning of *February* to the end of *March*. The Earlier it

is Sown in either Season the better; and 'tis better to be Sown alone, than with other Grain. If 'tis reserv'd for Mowing, it must be laid up by the latter end of March, and to be Mowed when it begins to Flower, viz. about the middle or end of May. It is excellent Food for Horses, and Great Cattel, especially in the Spring; and has not the danger attending it, which does Clover. It breeds abundance of Milk in Cows and Sheep, which makes excellent good Butter. And in Autumn and Winter, Sheep may Feed upon it, for it makes them Flethy and Sweet, and speedily Fattens them.

31. **HEAD - ACH** to Cure: Take ten pounds of Rosemary-flowers, stamp them, and infuse them in White-wine and Bettony Water; let them infuse in the Sun, or some other gentle Heat ten Days, the Glass into which you put them being close stoppt; then distil them over a gentle fire, and you will find an oily Matter; separate these, and keep them close stoppt in different Glasses.

32. * **HEAD and HEART** to ease and comfort. The Oil distilled as in the former Section, by anointing the Fore-head and Temples, easeth all inveterate Head aches, and strengthens the Memory and Sight: being dropt into the Ears, it helpeth Deafness: some few drops of it in White Wine are prescribed for the Dropsie and Yellow-Jaundice. It helpeth the Cholick, and Rising of the Mother, and is an Antidote against Poison, and infectious Air, the Plague and Pestilence. It comforteth the Heart, and cleanseth the Blood, makes a merry and cheerful Countenance, and creates a good Colour. It

purgeth out the Humours, by Sweat, that occasion the Itch, or any Breaking out. In short, It is a Sovereign Remedy in all Distempers, proceeding from cold and moist Humours. The Water is good for Beautifying, and sets a rare Complexion on the Face and Hands.

33. **HEAD - ACH** Inveterate: Take strong Vinegar, dip a Rose Cake in it, and sprinkle that over with scraped Nutmeg and Ponder of Wormwood; lay it to the Forehead, and burn Feather-few under your Nose, on a Chafing-dish, that the Smoak may ascend up your Nostrils.

34. * **HEAD - ACH** Inveterate: Another. The most Inveterate Head-Ach is sometimes cured by snuffing up the Nostrils Ponder of Nutmegs, which is as often to be repeated as the Cause shall require. If this does no good, there are few better things than the Powers of Amber, or Powers of Rosemary; which being snufft up the Nostrils often at a time, and also bathed upon the Forehead and Temples, give present Relief: and this being repeated for some time, as the Disease shall require, gives infallible Cure. But at Bed-time it will be good to give the Patient 30 drops of my *Gutta Vita*, and to bathe the Forehead and Temples therewith going to sleep.

35. **HEAD BALD**: To cover it with a comely Hair, if Age has not proceeded too far, and utterly denied it, Take a handful of Southernwood, dry it to Ponder, or reduce it to Ashes by Fire; mix it with the Oil of Radishes, and anoint the Place, and in a few times so doing, you may perceive the Hair to sprout again.

36. **HEAD**

36. **HEAD Breaking out:** This mostly happens to Children, caused by the super-abundance of hot Humours, and is very afflicting and offensive to them: To cure it, boil some Olive-Oil and Vinegar, to the consumption of a third part; add Hogs-lard an ounce; anoint it both Morning and Evening, putting on after the anointing, a Linnen Cap; and give them to drink Whey, wherein Scabious, Agrimony, and a few Tops of Wormwood have been boiled, to clear and purifie the Blood.

37. * **HEAD SCALD.** Whether it be a Scald-head, or other kind of Scabbiness, or Scurf or Morpew; this is a most excellent thing. Take Beef Suet four ounces, Oil of Ben or Oil Olive eight ounces, Flowers of Sulphur three ounces, Cinnabar finely ground one ounce, Oil of Tartar *per deliquium* an ounce and half, mix and make an Ointment, with which anoint Morning and Evening, till the place affected is perfectly well.

38. * **HEAD to Clear:** Snuff up in the Morning taking a spoonful, or somewhat less, of the clarify'd Juice of Ground-Ivy, or of Beets, spitting out, from time to time as much Moisture or Flegm as comes into your Mouth.

Or you may dissolve an ounce of Sal Nitre in a quart or three pints of Spring-water, and to snuff the same up the Nostrils Blood warm, Morning and Evening, so long till it comes out at the Mouth again. It is an excellent thing to clear the Head and Nostrils of all manner of Stuffings or Stoppages.

Nothing seems more excellent than the Powers of Rosemary to be taken inwardly, Morning, Noon, at four

in the Afternoon, and at Night, about 60 drops at a time, in a glass of Ale or Wine, or other proper Vehicle, and also to bathe the Forehead and Temples Morning and Evening with the same, and to snuff the same up the Nostrils four or five times a day, as also to be smelling to at times, all the day long: This I have had great experience of, and it has cured, when all other things have failed, but this is to be noted, that if the Stomach is foul, it will be necessary to take a Vomit, or two, or more, at four or five days distance of time.

39. * **HEAD and NERVES:** To comfort the Head and Nerves, strengthen them, and prevent the incidence of a Palsie, there is nothing better than to bathe the whole Head and Back-bone from the Neck to the Hips, and other Parts, which are found to be weakened, with the Powers of Amber, and to do it Morning and Evening for 10, 15, or 20 days, taking in the mean season the Powers of Rosemary, Lavender, Oranges, Limons, Sage, Marjoram, or Thyme inwardly in all the Patient Drinks.

40. **HEAD NOISE:** If there be a beating or singing in the Head and Ears, take a pretty large silver Eel newly caught, tie it to a Spit, and let it roast without any basting, unless with a little Water rubb'd on with a Cloth to keep it moist, having, before you lay it down, put some Cummin-seeds into the Belly of the Eel; take what drops from it, and putting it into a glazed earthen Vessel, let it stand close covered with some fresh Cummin-seed on warm Embers, and going to Bed drop three or four drops into your Ears, or into that

that only on which side of the Head the Noise is most.

41. * **HEAD NOISE**: Or you may drop into the Ear the Juice of Wormwood Blood warm or the Juice of Centory the Less, doing it Morning and Evening for six, eight, or ten days or more, as you see occasion. Or you may drop into the Ear this mixture. Take Oil of Ben, Oil of Amber, of each equal Parts: mix them well by shaking, adding two or three drops of our Guttæ Vitæ, which is indeed an admirable thing, and by me much experienced in this case.

42. **HEAD to Purge**: Take Agarick and Mastick, of each three drams; the Roots of Flower-de luce and Horehound, of each one dram; Turbith five drams in Powder, Hiera Picra half an ounce, Pulp of Colocynthis and Sarcocol, of each two drams; Myrrh one dram, Sapa as much as shall suffice to make them into a Mass of Pills. These purge very strongly from all parts of the Body, both Choler and Phlegmatick Humours, but especially from the Head and Brest, and are good against old Colds and Catarrhs. The Dose is half a dram.

43. * **HEAD SCALD**: Take Oil of Olive six ounces, May-Butter four ounces, Flowers of Sulphur three ounces, White Precipitate an ounce and half; mix and make an Ointment, and anoint the Head therewith.

If the Disease is inveterate and stubborn, and will not easily yield to Medicines, you may, before you use the afore-going Medicine, bathe the Head very well (half an hour at a time in the Liqueur following, as hot as it can well be endured) and to continue the use of it Morning and Evening, for twelve or fourteen days, after which you may use the afore-going Ointment with Success. Take

Spring-Water three pints, White Vitriol, Roch-Alom, of each an ounce; Saccharum Saturni half an ounce: mix, dissolve, let it settle, decant the clear, then filter through Brown Paper, and keep it for use as before directed.

44. **ANOTHER**: Take half a peck of Oyster-shells, out of which the Oysters have been newly taken unshell'd; calcine them in a clear Fire, so that they may be reduced to Powder; sift it as fine as Flower, and mix it with White Ointment; so that it may be something stiff, and anoint the Head with it daily, and you will soon find the Effects answer your desire.

45. **HEALTH to preserve**. Take four or five Drams of Rhubarb, and slice it as thin as you can, infuse the same in half a pint of Middle Beer, or a little more, let it in the Embers all Night, and the next Morning strain out the Liqueur and drink it warm; it will give you 2 or 3 Stools; you may put in a little Sugar if you please, to make the Liqueur the more Palatable, being of a Nauseous Taste; the next day take a Dish of Chocolet and rest that Day; and the day following take the same Purge again; you must take heed when you sleep or infuse the Rhubarb, that it boil not, because then it is Binding instead of being Laxative; two or three drams is enough for Children. This is an excellent Receipt to Cure or prevent most Distempers incident to the Body of Man.

46. **HEARING**: For thick-ness of Hearing, or to restore the Hearing, nothing is said to be better, than to drop into the Deaf Ear the Tincture of Amber-grise,

grise, Civet or Musk made with Spirit of Wine, and to stop the Ear with Cotton, in which a little Civet or Musk is put. So also this mixture is good to drop into the Ears. Take Oil of Ben, and of Bitter Almonds, Oil of Limons or Oranges, of each equal quantities; mix them by shaking, and drop thereof into the Ears Morning and Evening, for several days together, stopping the Ears with Cotton dipt in the same.

47. **HEARING** to Recover. Take Juices of Celandine and Daisie Roots, and drop into the Ears, stopping them afterwards with Black Wool or Cotton, lying on your Back with your Head very low, for the space of half an Hour after it; and in twice or thrice so doing, you will find great advantage by it.

48. **HEART-BURNING**: Take Red Coral finely powdered about a dram, take it in White-Wine or Ale: For want of this, scrape some Chalk that has been well burnt in the Fire, and drink it in the abovesaid Liquors.

Or you may take from a scruple to half a dram, of Terra Sigillata, or fine Bole in a little fair Water and Sugar, repeating it as you see occasion. And no ways inferior to these things are Crabs-Eyes, or Crabs-Claws, Levigated or Ground to a fine Powder: And Chalk unburnt in fine Powder, will do as well as burnt, and perhaps better too: Or a pint of Milk and Water mixed, and drank together.

49. **HEART** to Cheer and Comfort. Nothing does this better, than to take now and then a Dram or two of the best and strongest Cinamon-Water; or in place thereof, our Aqua Bezoartica, which is even yet Superior to it;

Spirit of Saffron is also an excellent thing in this very case.

The most famed thing in this case, is the strong Spirit of Angelica, which cures fainting and swooning Fits; and next to this, is the Spirit of our ordinary Garden Bawm, which is a great and a Generous Remedy: To these things you may add those mentioned in the former Paragraph.

50. **HEART** Sickness to remove: Take Ale and make a Posset-Drink thereof, then Clarifie it, and boil Pimpernel in it, till it becomes strong of the Herb; sweeten it a little, and drink it often.

If it is from any thing offending the Stomach, or too great Fullness, from eating too plentifully, or of Meats displeasing the Stomach, it is only to be Cured by giving a good Vomit or two: Otherwise, if it is from Weakness of the Tone of the Stomach, the Cordials mentioned in the former Section are good.

51. **HEAT** in the Eyes: Beat the White of an Egg, and dissolve in it a pretty quantity of fine Loaf-Sugar; beat them till they become thin, then drop it into the Eyes.

Take White Rose Water, or rather Poppy Water a pint, Saccharum Saturni two drams; mix and dissolve, and wash the Inflamed Eyes often with the same. Or take White Rose-Water, Juice of Housteek, of each equal parts; White-Wine as much as both them; mix, and let them settle, decant the clear, and wash the Eyes therewith.

52. **HEAT** in the Face. Dip a Cloth in the Juice of Limons, with Salt and Alom heated in White-Wine, and in often applying it, the Heat or Redness of the Face will be removed, and the Skin become clear, smooth,

smooth, and of its proper Colour.

53. **HEATS**, or Inflammations of the Eyes: Take the Powder of Turty, Aloes and Sugar, of each an ounce, White Vitriol two drams; infuse them in a quart of Red Rose-water and White Wine; being put into a double Glass, and placed in Balneo Mariæ five or six days, often shake it: Wash the Eyes with this often, so will you find a speedy Remedy.

54. **HEAT** of the Liver: Take Liverwort, Garden and Wild Endive, of each a handful; Maidenhair half a handful; boil them in Water with a little Sugar; and being clarified, put into the Decoction a little White Port Wine, and drink it alone, and in your usual Drink for a Week together, or as you see occasion. The Dose is a quarter of a pint at a time.

Syrups of Lettice, Purslane, or Cucumbers, are excellent things for this purpose, taking three spoonfuls, Morning and Evening, for some convenient time; but that which is superior to all these things is our Syrupus Antifebricitus, or Syrupus Nephriticus, which presently cool without any thing of danger, and may be safely given in a spoonful, two or three, to Children.

55. * **HEDGHOG** Pudding.

Take a pound of Blanched Almonds; beat them very fine in a Mortar with a spoonful or two of Canary, and Orange-Flower Water to keep them from Oiling; make them into a stiff Paste, beat in 6 Yolks and two Whites of Eggs; sweeten with D. L. S. add also half a pint of Cream, a quarter of a pound of sweet Butter melted; set it on a Stove, or other gentle Fire, and keep it

stirring, till it is as stiff as it may be made into the Fashion of a Hedge-Hog; which stick full of Blanched Almonds fit, making them stick up like the Prickles of a Hedge-Hog; then place it in the middle of a Dish; boil Cream to which add two Yolks of Eggs, which sweeten with D. L. S. to your Taste, and pouring it round your Hedgehog, set it to be cold, and so serve it.

56. **HEDG-HOGG-PUDDING.**

Take a pound of shred Suet, two Penny Loaves grated, a quarter of a pound of Almonds finely beaten with Rose-Water, 6 Eggs, three with the Whites; a Nutmeg grated, eight Dates shred, some Sugar, half a pound of ston'd Raisins of the Sun, mingle these all with Cream, but not too thin, wet the Cloth and flower it, and put in the Pudding; when it is boiled pour on it Rose-water, Sugar and Butter, stick Almonds on the top.

57. **HELLEBORE** to Prepare:

Infuse the Roots of Black Hellebore in the Juice of Quinces three days in a moderate Heat, then dry them, and keep them for use.

58. * **HEMORRHOIDS**: The

Piles or Hemorrhoids, if not yet broken, are cured at twice or thrice anointing them with Oil of Amber, Oil of Aniseed or of sweet Fennel Seed: But if they are broken, then these things will be too hot, and be apt to cause Pain: In this case you may dress them with this Ointment. Take choice Oil of Nutmegs by expression an ounce; Saccharum Saturni three drams: mix and anoint therewith. If they be ulcerated, and the Ulcer is foul, you must dress them with this.

Take

Take Turpentine, Oil of Mace by expression, Oil of Ben, Balsam de Chili, of each half an ounce; Saccharum Saturni one ounce: mix them, and anoint often therewith; applying Lint dipt in the same upon them.

59. **HEN** in *January* spends better than the best Capon or Puller, if she be Young, and full of Eggs; and that you may know by her soft and open Vent, and by her Red Comb. If you feed her oft with Toast taken out of Ale with Barley boild, they will lay often, and all the Winter. If she eats her Eggs, lay a piece of Chalk, cut like an Egg, at which she will often be pecking; and losing her labour, she will refrain the thing.

60. **HEN-PYE**: Parboil your Hen, then cut off the Legs and Wings as when it is carved, cut off the Merry-thought and thro' the Brest-Bone, so also the Car-kass, that it may be handsome to lie in the Pye, break the Bones, season with a little Pepper and Salt, Cloves and Mace; put it into your Pye, with some pieces of Lamb-stones, Sweet-breads, Sausages and Oysters; so put on Butter, and close up your Pye; when it is baked, put in a little Claret-wine, strong Broth, with the Yolk of an Egg, and melted Butter, shaken together.

61. **HENS**, *Capons, or Pullers to Boil*: After they are boiled with a piece of Bacon, take a pint of strong Broth and some White wine, put in a pound of fry'd Sausages, two or three whole Onions, a little Nutmeg and large Mace, a few Sweet Herbs, a quart of Oysters, a little minced Thyme: let them boil up together, thicken them with

the Yolks of Eggs and Butter, dish them up; then pour your Sauce and Oysters upon them, and lay the Sausages round about, with slices of Bacon betwixt; garnish them with Limon.

62. **HERN-PYE**: Take your Hern, and pull the Feathers and Stumps clean off: break the Brest-bone, and lay it to soak in warm Water and Salt for the space of an hour: having Sweet-Herbs and Onions shread, make little Balls of them, sticking them together with Better, and put it into the Belly; season it with Salt, Pepper, Nutmeg, and Mace finely beaten; lard the Brest, and stick pieces of Bacon under the Wings: lay also other Balls about it of the Composition of those that were put into the Belly, till the Pye is full: then sprinkle on some Juice of Limon, and so bake it for two hours; and when it is enough, pour melted Butter into it, set it in a dry place till cold, and serve it up.

63. **HERN to Roast**: Take a Hern that is not too old, lard the Back and Brest after you have parboild it; put it on a Spit, baste it with Butter and White-wine beaten up together, and dridge it with grated Bread and Sweet-Herbs cut very small: when it is sufficiently roasted, make a Sauce of the beaten Yolks of Eggs, Anchovey, Claret and Vinegar; garnish your Dish with Oranges, Limons, Savory, and Tops of Rosemary.

64. **HERRINGS**, *Sprats, or Pilchards to Broil*: Gill, wash, and dry them, season them with Salt, broil them over a soft Fire, and baste them with Butter; being enough, serve them up with beaten Butter, Mustard and Pepper,

per, or your Sauce may be the Juice of their own Heads squeezed between two Trenchers, with some Beer and Salt.

65. **HERRING-PYE** to Season.

Take about eight middle sized Herrings, the Soft Roes are the best, slit them down the backs, and taking out the Bones, rub them over with Pepper and Salt; mince Onions, Leeks and Apples, and scrape in Limon-peel; strew over them some Nutmeg finely Grated, half a pound of Currants, and mix a pound of Butter with a little Flower, and place it above and beneath in thin slices.

66. **HICCOUGH**: This is dangerous when it happens in Fevers, therefore to remedy it in that extremity, Take only two or three preserved Damascens at a time, keeping your Mouth close shut, and holding your Breath now and then.

67. * **HICCOUGH** Vehement.

If this Hiccough has continued any time, and seems to be extream, if it be not stoppt, it in the end kills the Patient; and in this case nothing will do but Opiates; of which kind there is nothing better than our Volatile Laudanum, or Laudanum Specificum, or Dr. Gardiner's Laudanum Samech: If the Patient is Costive, and has not gone to Stool for some considerable time, the Belly is to be loosened by this Clyster. Take Rosset-Drink a pint, brown Sugar four ounces; mix and make a Clyster. And then instead of the former Laudanums, you may give six, eight or ten Grains, or more, of our Cathartick Laudanum, every Night at Bed-time, which stop the Hiccough, open the Bowels, ease Pain, and give a Stool or two the next day in the Afternoon.

68. **HICCOUGH** to Stay. Take a handful of Red Rose-Leaves,

and a pretty quantity of Red Mint, boil them in a little Muscadine or Malago-Sack, and a little White-Wine Vinegar together, and lay it to the Stomach, and it will ease it presently.

69. **HIPPOCRAS** of White-Wine: Take about three quarts of the best White-Wine, a pound and an half of Sugar, and an ounce of Cinamon, two or three tops of Sweet Marjoram, and a little whole Pepper; let these run through a Filtering Bag with a grain of Musk; add the Juice of a large Limon, and when it has taken a gentle heat over the Fire, and stood for the space of three or four days close covered, put it in Bottles, and keep it close stoppt, as an Excellent and Generous Wine, as also a very Curious Cordial to refresh and enliven the Spirits: Or, if you think it best, as to the Colour, you may make it of the Colour of Claret, though this at pleasure may be coloured with Red Wine, Syrup of Elder-berries, Mulberries, Clovegillyflowers, &c. It easeth the Palpitations and Tremblings of the Heart, and removes the Causes of Panick Fears, Frights and Startings: It giveth Rest to weary Limbs, and heats the cold Stomach.

70. **HOARSENESS**: Take three ounces of Hyssop-water, and sweeten it with fine Sugar; then beat well in it the Yolk of a New-Laid Egg, and drink it fasting.

This is an usual and good Remedy: Take Oil of Sweet Almonds New Drawn, Syrup of Violets, or of Clovegillyflowers, of each equal parts; mix them by shaking them well together in a Glass: Dose two spoonfuls at a time in the Morning fasting. at

ten

ten in the Morning, at four in the Afternoon, and at Bed-time, at which time you may give three or four Spoonfuls: If you cannot get Oil of Almonds, Sallet Oil will do; or choice new made fresh Butter, melted and mixt with the Syrup, and mixt by shaking together whilst it is hot: This is also excellent. Take choice new made fresh Butter four ounces; double refined Sugar in fine Powder, six ounces; mix them, and work them together cold, of which the Patient may take as much as a Walnut four times a day.

71. * HOGOOE of Mutton: Take a Leg of Mutton, separate its Skin whole, with the upper Knuckle. Take the Flesh, add to it two pounds of Beef Suet all shred very fine; shred small also Savory, Thyme, Spinage; and a few small Shalots, adding Salt and Pepper to season it: Take 6 Yolks of Eggs, with which work up the Meat, Suet and Herbs altogether, into a great Mass. Take a Cabbage, open its Leaves, and cut a hole in it to put in the Meat, shaping it long ways, like the Body of a Duck; boil a Ducks Head, and stick it on with a Scewer; bind the Body close, tye it up hard, and boil it well, having in readines some fried Sausages dipt in the Yolks of Eggs with a little Flower, Nutmeg Grated, and a good quantity of Sweet Butter, with some Anchovies dissolved in the Sauce first, and beat up with the Butter and Pickles; and so serve it up.

72. * HONEY Clarified: Boil Honey that hath been scummed with the Whites of Eggs, until it come to a thickness; then take it off the Fire, and when it is cool put it up for use. This is good in Inflammations, either

taken inwardly, or outwardly applied to any part, where extraordinary Heat is predominant.

73. * HONEY of Mulberries. Take Juice of Black and full ripe Mulberries, to every pint and half of their Juice, add 2 pounds of Clarified Honey, boil them to the thickness of a Syrup, scumming it as the Scum arises.

74. HONEY of Raisons: Take three quarts of Water, heat it, and when it bubbles up scum it; Stone two pound of Raisons, and put them into it till they swell; boil them to the Consumption of half the Water; strain and press out the remainder of the Liquid part; boil the Decoction to the thickness of a moderate Honey; and then add two pound of Clarified Honey, and being well mingled, boil it to the thickness of a perfect Honey.

This is good for any Stoppages or Defects in the Lungs; if mixed with White-Wine, it helps Digestion; and mixed with cooling Simple Water, is given in Fevers.

75. HONEY of Violets: Take of the Flowers of Violets, the bottoms chipt off, viz. Purple Violets two Pounds, infuse them in two quarts of Water, boil them up, and add two pound of Clarified Honey, and so boil them up to the thickness of an Honey, and press the Liquid part through a Linnen Cloth.

This allays the Inflammation of the Liver, cures Sore Mouths; and mixed with the Decoction of Wood-Sorrel and Barberries, is cooling, and much allays the Heat of Fevers. Thus you may make Honey of Roses.

76. HORDEUM, and Hordeolum. This is an Excrecence growing on the Eye-Lid: To remove it, Take Housteek, dry it, and bring

it to a Ponder; then take Mousleek Juice, and make a Cataplasim of the Ponder, and cover as much as is needful of it, viz. to the thickness of Half a Crown, or a Crown-piece, in the Fold of a Rag; fasten that part then upon the Eye, and let the rest of the Cloth bind round the Head, and so let it continue all Night, and repeat the application two or three times if need require.

77. **HORMINUM, or CLARY,** (by some called *Clear Eye*.) There are two sorts of this, Garden and Wild. The Herb and Flower is very Cleansing, Attenuating and Strengthening, and is good to be eaten by those that have Weak Backs, or Pains in them. The Seed of it Decocted in Spring-Water, is wonderful good for clearing the Eye-sight, the Eyes being wash'd therewith. The Ponder of the Leaves snuffed up the Nose, purge the Head and Brain of Phlegm. A dram taken inwardly, provokes Venery. The Essence of the Juice strengthens Weakness in the Reins, and much availeth in Barrenness, comforting and strengthening the Womb. A Mucilage of the Seed dissolves Swellings. The Seeds of Wild Clary are Discussive, Strengthening, and Clear the Sight of Films.

78. **HOTCH-POT of Beef:** Take a Brisket Rand of Beef, any piece of Mutton, and a piece of Veal; put this into a sufficient quantity of boiling Water, keeping it clear from the Scum, then put in Sweet Herbs, minced Cabbage, but not too small, and Carrots sliced, Pepper and Salt; let them boil almost to a Gelly, and so serve them up on Sippers.

79. **HOTCH-POT of Pigeons.** Put your Pigeons (drawn) and a

few Sweet-Herbs finely shred, and mixed with Butter into a Pot, as many as you think convenient; put to them some strong Broth, after you have laid between them some slices of Bacon, beaten Nutmeg, and a little Saffron to give them a Colour; make them boil a-pace, and when they are boiled enough, put in some Verjuice of Grapes, or Wine-Vinegar, and so season them with a little Salt and Pepper, and serve them up on Sippers. And thus you may order a Hotch-Pot of Chickens, only these you must cut into Quarters, and lard them with small square pieces of Bacon, and boil or stew them not too hastily: You may add some Sweet Herbs shred small, and a piece of Butter; and being enough, Garnish and serve them up as the Pigeons. This way you may do any sort of small Fowl, either Wild or Tame.

80. **HUMOURS Fallen into the Eyes.** To remedy this Grievance, Take of White-Wipe six ounces, Red Rose Water the like quantity, Turky in Ponder an ounce, Aloes a Dram, Loaf-Sugar finely powdered an ounce: put them into a Glass with a narrow Mouth, stop it close, and let them infuse in the Sun, or some warm place, about three Weeks: Then decant the clear Water from the settling, and wash the Eyes with it frequently, and it will restore them to their strength and firmness of Sight, without any Trouble.

81. **HUMOURS hot and Sharp in the Eyes.** If the Humour is very sharp, wash the Eye with this. Take White-Port Wine, good Brandy, of each equal parts: mix them: with this wash the Eye three or four times a day. If it is from Weakness of the part,

part, drop Brandy unmixt into the Eyes two or three times a day, and it will Cure to a Wonder. But if the Rheum is violent hot, and there is an Inflammation withal, then wash them daily with this Collyrium, or Water. Take White Port Wine a Quart, Saccharum Saturni three Drams, Camphire two Drams, Roch Alom a Dram and half: mix them, dissolve and filter it for use.

82. **HURT** in the Eye. If the Hurt makes a Wound in the Eye, Take three ounces of Celandine-Water, put it to three Drams of Clarified Honey, stir them well together, and add sixty Drops of Elixir Proprietatis to it, and dress the Eye with it. This Mixture must be made fresh once in two or three Months.

83. ***HYDROMEL**. Take Spring or running Water three Gallons, Clarified Honey two pounds; mix and boil, till the scum ceases to rise: Let it cease boiling, and add choice Hops Fragrant and well Coloured, two ounces; let them scald in the Liquor for an hour, strain through a Cloth or Sieve, and when nearly cold, Tun it up in a proper Cask, adding a quarter of a pound of Sugar-Candy in fine Pouder: When the Fermentation is over, or it has done Working, stop it up close, and after three Months you may Bottle it off. *Where Note*, That some much affected with the Flavor and Fragancy of Hops, take a quarter of a pound instead of two ounces: *Observe also*, That Hops are not to be Boiled, (because then they give an unpleasant Bitterness, and loose also all their Volatile-Particles;) but only scalded in the Liquor, and not suffer'd to boil as already hinted.

84. ***HYDROMEL** a short way. To make this, take two Gallons of Spring Water, put to it a pound of the best Honey, adding a little Fennel and Eye-Bright tied up in a Bundle, and so let it boil till the third part be consumed, scum it very well, strain it through a fine Cloth or Sieve, and with a quarter of a pound of Sugar Candy finely beaten, put it up in a Vessel, and keep it close stopped; It is an excellent cooling Liquor, greatly Comforting and Reviving the Spirits in Fevers and other hot Diseases, and is good in extream Costiveness to loosen the Belly, and contributes much to the Freedom of making Urine.

85. **HYOSCYAMUS**, or Henbane: A Cataplasme of the Roots applied in the Gout, Tumour or Tooth-ach, gives present ease. The Leaves which have all the Virtues, and Preparation of the Root, wonderfully mollifie and ease Pains, being laid on as a Pultice. A Distilled Water of the Flowers and Seeds not ripe, and an Oil compressed out of them, cure the Pains in the Teeth, and Gout, and are held to help Deafness and Noise, and Worms in the Ears, if dropt into them, but not too much. A Cataplasme of the Leaves boiled in Vinegar and White-Wine, eases all Inflammations of the Eyes, asswages Swelling of the Cods, and in Womens Breasts; gives ease in the Sciatica, and other Pains in the Joints, proceeding from hot Causes.

86. **HYSSOP**, its Virtues. The Qualities are Piercing and Attenuating, Opening and Abster-sive, and therefore it hath power to heal and purifie. Being Decocted with Figs, Honey and Rue,

Rue, of an equal quantity in fair Water, it is good for Inflammations of the Lungs, Old Coughs, difficulty of Breathing and Catarrhs. It kills Worms in the Belly, and being beaten with Salt and Cummin, it remedies the Poisonous Biting of Serpents, if immediately applied to the Wound with a mixture of Honey. It is profitable to those that are troubled with the Falling-sickness, the Decoction of it being drunk in White-Wine, as also to cause the voiding of Flegm, especially when it chiefly oppresses the Stomach and Lungs, as also the Phlegmatick Maladies of the Brain and Nerves; and not only Purgeth, but also Fortifieth them. It driveth away Venosities, and moveth Appetite; provokes Urine, and lessens the shaking of the Ague-Fit, clears the Sight, and supporteth a good Colour. It is good for the Spleen and Dropsie, and is singular against the Quinsie in the Mouth and Throat, being Gargarized with the Decoction of it, and Figs in fair Water. The Oil made of the Leaves and Flowers, helpeth refrigerated or benumbed Nerves, and Tendons, and strengthens them.

87. **HYSTERICK Affections:** Take an ounce, or sufficient quantity of Volatile Salt of Harts-horn, drop on it as much Spirit of Tartar as will satiate it, when the Conflict is over; digest and mix it for a while, that it may acquire a redness in Colour, and keep it carefully stopd. The Dose is 10 or 12 drops in any convenient Syrup. This is excellent good for the Genus Nervosum, and other Distempers and Affections of the Limbs.

88. **HYSTERICK Balsam:** Take Galbanum, Opopanax, *Assa Fetida*, Sagapenum and Gum Ammoniack, of each a dram; distilled Oils of Rue, Juniper Berries, and Amber, of each a scruple; melt the Gums in an Earthen Vessel, mix the Oils, and make a Balsam by remixing them over a gentle Fire.

This Balsam is very excellent to suppress the Vapours of the Matrix, put up into the Nostrils; and by anointing the Navel with it, it provokes the Terms, or by applying it to the lower part of the Belly.

89. **HYSTERICK Elixir:** Take the distilled Oils of Wormwood, Pennyroyal, Amber, Featherfew, and Rue, of each half a dram; Tincture of Castor and Saffron, of each three ounces; refined Sugar one ounce: make these into an Elixir, and let it stand ten Days before you use it.

It is excellent against all Distempers and Infirmities of the Matrix. The Dose is from half a Scruple to a Scruple.

90. * **HYSTERICK Fits:** Give to a Woman the quantity of 2 or 3 Pepper-Corns of *Assa Fetida*, dissolved in Poppy-water; adding to it white Amber in fine Powder 2 drams, Syrup of Peony Flowers an ounce and half; mix them for a Dose, to be given every Morning fasting for a Week; but to a young Girl half the quantity will do. Yet nothing is said to exceed Opopanax given from a Scruple to two Scruples, dissolved in fair Water, and so given every Morning fasting for some time; if the Woman is weak, give it in half Canary, half Water.

91. * **HYSTERICK Liquor:** Take of Castoreum two drams, Saffron and Camphire of each an ounce:

let them macerate fifteen days in three pints of Aquavita, not being set on any Fire, and then filter the Liquid Part.

Take Spiritus Universalis 9 ounces; Castoreum, Camphire, Saffron, of each two drams: the Castor being in Powder, put all into the Spirit, and digest 24 Hours, then decant off the clear. Dose from 20 to 30 drops, in Beer, Ale, or Wine.

92. * ANOTHER: This is an excellent Specifick to suppress Vapours, especially in Women, when arising from the Matrix: Take Assa Fetida, Ammoniacum, Opopanax; of each one Grain: mix and make it into a Pill for one Dose. It may be taken upon any occasion, the Party who takes it being fasting, that it may operate the better, being dissolved in Poppy-water. It may be snuffed up the Nostrils, or the Temples bathed with it, to ease Pains in the Head, and to prevent the ascending of offensive Vapours to the Brain.

93. HYSTERICAL Vapours: These are usually called Fits of the Mother: To cure or avert them, Take the Liver of a hunted Hare, hang it up for a time in a dry place where it may not putrifie, till it may be reduced to Powder, then take two or three scruples at a time in any convenient Liquor.

94. * HYSTERICK Vapours and Fits. Or which is better, you may take 20 or 30 drops of Spirit of Sal Armoniack, or Spirit of Harts-horn in a Glass of White Port Wine, or in

cold Well Water: which sometimes is better: Salt of Amber given at Night going to Bed, and in the Morning fasting to 10 or 12 grains, is a famous thing, not only to cure them when come, but also to prevent their coming again. These Pills also are good for the same purpose. Take Assa Fetida, Ammoniacum, Galbanum, Sagapenum, fine Aloes, of each an ounce, Opium half an ounce: mix, and with Rose-Water make a Mass of Pills: Dose from 10 grains to a scruple, at Night going to Bed. It is a most choice Secret.

95. HYSTERICK Water: Take the Roots of Briony, and Peony, Orange-peels, of each three ounces; Mugwort, Bawm, Featherfew, Pennyroyal, Savin, Elder-flowers, of each a handful; Myrrh and Castor, of each an ounce; Saffron two drams. Let these macerate twenty four hours in two quarts of Canary, and a quart of Orange-flower-water, and distil them all on a Sand Bath.

This Water is very highly commended by many learned Physicians for the Cure of the Distempers and Grievances of the Matrix. The Dose is an ounce and an half.

96. HYSTERICK Water. Or take this, viz. Juice of Popper, Neppe, Wormwood, Mugwort, Pennyroyal; Elder-flowers, and Hyssop, distill them, and preserve the Water for Use. This is very good, and contributing much to the Ease of the aforesaid Grievances and Distempers.

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1. JACOBINE-POTTAGE:

Take either a Capon, or two Brace of Paterdges, roast them, and take out the Bones, and mince the Flesh very small, breaking the Bones, boil them in strong Broth with a handful of Sweet-Herbs, in an earthen Pot; strain out the Broth upon Sippets of Bread, and lay on the Bread a layer of Flesh; put over it some Broth of Almonds, and make it boil; fill up your Dish by little and little, till it be quite full, so garnish it with the ends and pinions of the Wings, and the Bones, by sticking them end-ways in your Pottage; beat then the Yolks of 3 Eggs very thin, mix them with a little Almond Milk, or other Broth, and pour them over the Pottage, and so serve it up.

2. JANUARY. *Dishes in Season.*

I. *The first Course.* 1. Crawfish Soup, Mutton, forced, Geese boiled, Hanch of Venison roast, Fricasie of Rabbits. 2. *Or these:* Geese Alamode, Boil'd Mutton with Colly-flowers, Pigeon Pye, Roast Lamb, Roast Pork. II. *The second Course.* 1. Capons Roast, Kidney Beans, Hanch of Venison roast, Fricasie of Chickens, Butter'd Crabs. 2. *Or these:* Rabbits roast, Pease, Srew'd Pippins, Potted Venison, Skirret Fittars.

3. * JAPANNING, or China Varnish. Take a quart of well rectify'd Spirit of Wine, Gum Lac prepared 8 ounces, Gum San-

darach 2 ounces; some add as much white Amber. Put all into a large Matrafs, which stop well; digest in a gentle heat 2 or 3 days, frequently shaking the Glais, that it may not stick to it: When dissolved, strain, pressing it forth into a lesser Vessel; some digest in warm Ashes or Sand, encreasing the heat till it begins to simmer (but this is to be cautiously done, lest the Glais break;) and when the Gum Lac is melted, they strain it through a Linnen Cloth, pressing it between two Sticks, into the Glais, and so keep it for use; it will be good for some Years, if kept close stoppt. The Gum Lac is thus prepared: Break it first from the Sticks and Rubbish, bruise it roughly in a Mortar, and steep it in fair warm Water, tied up in a Bag of course Linnen, together with a very small quantity of the best Ginea Soap, for 12 hours: then rub out all the Tincture; to which add a little Alom, and reserve it a part. So will the Gum Lac remaining in the Bag be prepared for the former Work.

4. * JAPANNING how to be done. If it is Wood you would Varnish, let it be clean and smooth, without the least Freckle or Flaw; if any Flaws, let them be stopp'd with a Paste made of Gum Tragacanth, incorporated with what Colour you design, and cover it with a Layer of Varnish purely, till it be sufficiently

drenched with it; after which you are to take seven times the quantity of Varnish as you do of Colour, and bruise it in a small glaz'd earthen Dish, with a piece of hard Wood, till they are well mixed: Apply this with a very fine and full Pencil; do it over about a quarter of an hour after, and this three times successively; and if every time it be permitted to dry, before you put on the next, it will be so much the better: within two hours after these four Layers, or sooner, if you please, polish it with *Presle*, or *Dutch Reeds*, wet or dry; and it is no great matter, if in doing this, you should chance to discover any of the Wood, since you are to pass it over four or five times more, as above directed; and if it is not yet smooth enough, *Presle* it again with the *Reeds*, but very tenderly: Then rub it sufficiently with *Tripoli*, and a little *Oil Olive*, or *Water*. Cover it again once or twice more with your *Varnish*, and two days after polish it as before with *Tripoli*, and a piece of *Hat-makers Felt*.

5. * JAPANNING Colours.

1. For a fair Red. Take fine choice Vermillion, with a quarter part of Venice Lake. 2. Black requires Ivory calcin'd between two well luted Crucibles, which is to be ground in Water with the best and greenest Copperas, so dried and reserv'd. 3. Blue is made with Ultramarine, mix'd with twice as much Varnish as Colour. 4: All the rest of the Colors are to be applied like the Red, except the Green, which is hard to make fair and lively, and therefore seldom used. And here it is to be noted, that Right Japanning is done with 3 or 4 Lay-

ers with the Colors, then two of pure Varnish uncolored, which is made by the former Process without the Sandruck, which is only used, and mingled for Reds, and must be done with a swift and even Stroak, that it may not dry till the Golden Matter reduced to Powder is sifted upon it; and then you are to cover it with so many Layers or Courses of pure Varnish as will render it like Polish'd Glass. Lastly finish the Polishing with *Tripoli*, Oil, and the Felt, as before directed.

6. * JASMINE, or *Gessamy*. There are several sorts of it; but the chief are, 1. The White *Jasmine*, or *Gessamy*, having Ovary Flowers together in a Tube opening into five white pointed Leaves, of a strong sweet Scent, which have no Seed. 2. The *Calonian* or *Spanish Gessamy*, whose Flowers are larger, white when opened with bluish Edges, and sweeter than the former. 3. The Double *Spanish Gessamy*, white flower'd, like to the first, but larger, and double, consisting of two Rows of Leaves, sweeter as the former. 4. The *Yellow Gessamy*, which on long Stalks bears long hollow Flowers, with five and sometimes six yellow Leaves, and are succeeded by black shining Berries. 5. *Italian Scarlet Gessamy*, whose Flowers come forth many together at the end of the Branches, being long like a Fox Glove, opening with five fair broad Leaves, and a Stile in the middle of a Saffron Color: They Flower from the beginning of July to the middle of August. The first white and common yellow, being hardy, are able to endure our Winters cold, and are encreased by Suckers:

But

But the *Indian, Yellow or Spanish*, must be planted in Boxes or Pots, and Hous'd in Winter, and are encreas'd, being grafted late in the Spring upon the common white Gessamy; they may also be propagated by Layers.

7. **JAUNDICE in Children:** Take halt an ounce of the best Rhubarb, make it into a Pouder, take two handfuls of Currans, and incorporate it with them, when extraordinary well beaten; and so make it up into an Electuary: Of this let Children take the quantity of a Nutmeg at a time fasting, and fast an Hour after it for several Mornings successively, as much at Noon, and the like at Night going to Bed.

8. * **JAUNDICE Yellow:** Take an Ounce of Genoua Soap, slice it thin, and put it into a pint of cold Small-Beer, set it on the Fire, and let it boil a little, scum it once, and strain it; drink one half of it in the Morning, and the other in the Evening; take a Lump of Sugar after it, and fast two or three Hours. Taking this, will not hinder any moderate Business. If the Distemper be far gone, you may take it twice or thrice more in two or three days time afterward.

9. * **JAUNDICE Yellow,** another. Take two or three ounces of Hemp seed, and boil them in New-Milk, till some of the Seeds begin to open and burst, or somewhat longer; then strain out the Liquid part, and drink it very warm, renewing it, if occasion require, for two or three days together.

10. * **JAUNDICE,** whether Black or Yellow. It is Cured in a very short time, by giving a Vomit of Tartar Emetick a gr. iij. ad vj. or viij. in the Morning fasting, drinking

good store of warm Posset-Drink after it, and repeating it three or four times as you see occasion, and then giving the Black Tincture or Syrup of Steel, a spoonful or two in the Morning fasting, and at Night going to Bed, and our Volatile Landanum, from three Grains to five or six, and continuing the use of these Medicines for some time, the Cause will be taken away, and the Yellow Colour removed, almost as it were by a Miracle.

11. **ICE and SNOW** Take New Milk and some Cream, and mix them together, and put it into a Dish, and set it with Runnet as for Cheese, then stir it together; when it is come, pour over it some Sack and Sugar, and take a pint of Cream, and a little D. R. W. and the Whites of three Eggs, and whip it to a Froth with a Birchen Rod; then as the Froth arises, cast it upon your Cream which has the Runnet in it, till it lies deep: lay on Bunches of Preserved Barberries here and there carelessly, and cast more Snow upon them, which will look very well, and Garnish your Dish being broad Brim'd, with all kind of Jellies in pretty Fancies, and several Colours. Jellies, see Gellies.

12. **JEMELLOES** to make: Take a pound of D. L. S. beaten and sifted, four Yolks of New-Lay'd Eggs, a grain of Musk, and two drams of Carraway Seeds finely beaten and sifted, a little Gum-Dragon dissolved in D. R. W. and six Spoonfuls of fine Flower; beat all these together in an equal mixture as may be; make them into a thin Paste a little softer than Butter; run it thorough a Butter-Squirt of two or three Ells long, bigger than a Wheat-Straw, and let them dry

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upon Paper a quarter of an hour, then tie them up in such Knots as you fancy most proper; and being dry, boil them in Rose-water and Sugar, and it will prove very useful in setting out a Rich Banquet.

13. * JESUITS BARK.

It is the chief Specifick against Agues and Fevers; and is given,

1. In a Powder. 2. In a Bolus.

3. In an Infusion or Decoction.

4. In Tincture. I. *The Powder.*

It is given from a Scruple to a Dram (according to Age and other Accidents) in Syrup of Madder or of Sloes, and may be given 3 or 4 hours before the coming of the Fit, and in the intermitting Days, every Morning and Night, and to be continued for some considerable time after the *Ague* is gone. II. *The Bolus.* Take of the fine Powder from a Scruple to a Dram, Conserve of fresh Madder-Roots, enough to make it into a Bolus for one Dose to be given, as before directed; or with less quantity of the Conserve it may be made into Pills, &c. III. *The Infusion or Decoction.* Take Batabar, or other red Styptick Wine, two Pints and a half; fine Powder of the Cortex 2 ounces: mix and simmer it over, or before the Fire, till it comes to a quart; decant the clear, and divide it into 8 Doses, to be taken 3 hours before the Fit, and Morning and Evening also in the intermitting Days.

IV. *The Tincture.* Take common French Brandy a Gallon, Cortex grossly powder'd a pound, Virginia Snake-Root bruised, half a pound; mix and digest in a gentle Sand Heat for a Month, shaking the Bottle twice every day; let it stand still a Week,

and decant the clear Tincture for use. Dose one whole Spoonful some time before the coming of the Fit, also Morning and Evening in the intermitting Days, in 2 or 3 Spoonfuls of Syrup of Quinces. Besides profligating the Ague, this Tincture warms and invigorates the Blood, and is an excellent thing against Convulsions, and that Disease, called *St. Virus's Dance*: Where note, that before the giving of the Cortex, in gross Bodies, and such as have a very foul Stomach, it would be good previously to give two Vomits either of the *Vinum Benedictum*, or *Emetick Tartar*.

14. ILL Habit of BODY to Remedy. Take Double Refined Sugar one pound, the Distilled Water of Citron-peels four ounces, boil them over a gentle Fire to the Consistence of a Solid Electuary; then add of Nutmeg, Sugar powder'd and pass'd thro' a Sieve, Pulp of Pistaches 3 drams, choice Cinamon and Mace finely powder'd, of each two drams; put in first the Nutmeg and the Pistaches, after that the Peel, and then the Powder; and being all incorporated, make them up into Tablets, and dry them, so that they may be well kept for use.

These Tablets are of a very pleasing Scent and Odour, grateful to the Stomach, and removing the ill Habit of Body. They increase the Appetite, and facilitate Concoction and Distribution of the Nourishment. They also are very effectual to expel Wind, and hinder the Putrefaction of Humours. You may take of them for a Dose two drams in the Morning fasting, and immediately after Meals, and may continue the use of them as you see occasion.

15. * **ILL Habit of BODY** to remove. To remove the ill Habit of the Body, first clear the Stomach and first Passages with a gentle Vomit, as our Pulvis Antimonij, or with Tartar Emetick, which may be given from three Grains to eight, according to Age and Strength, and to be repeated once again; then purge two or three times with our Elixir Proprietatis, giving from half a Spoonful to a Spoonful, in the Morning fasting, mixed with a little Ale. This done, let the Patient take our Cachectick Powder, half a Dram at a time every Night going to Bed, for 12 or 14 Nights together, and they will immediately after recover their Health. Spirit of Scurvy Grass is also a good thing to be taken every Morning fasting in a Glass of Ale.

16. * **INCONTINENCY of Urine.** Take the Pizzle of a Wether, dry it in an Oven, so that it may be reduced into a Powder, mix it with a little Powder of Coral, and take as much as will lye on a Shilling in a Spoonful of Vinegar.

There is nothing better than our Pulvis ad Diabetem, which has been proved some hundreds of times. Dose, one dram, every Night going to Bed, in a little Ale. Crocus Martis Astringens, may also be given every Morning fasting, in Conserve of Sloes or Hips, for this much strengthens the Tone of the Parts. Also an Infusion of Catechu and Jesuits Bark, of each an ounce, in a quart of Red Wine for six Doses, to be given either Morning or Evening, or both (if the Disease is vehement) is a Medicament almost beyond compare.

17. * **INDICO.** Parkinson in his Herbal, page 600. has given an imperfect Account of the making of Indico, and very difficult to be understood. There is also

a short Discourse of it in the Philosophical Transactions, Anno 1686. N^o 179. Pag. 26. from Linschoten, not much material, and less to be understood. Parkinson in the place cited, describes the Plant truly, as he had it from Johannes de Laet, and the Figure he gives is a true one of the Leaves. But the whole Plant is more Accurately and Lively represented in the first part of Hortus Indicus Malabaricus, Pag. 101. Fig. 54. What other Authors have Wrot thereof, we have not Leisure now to examine: But having never yet seen the true Preparation of this Facula, or Inspissate Juice in Print, and having just upon the Reprinting of this Work, received a Letter from my Antient Friend Mr. Robert Steevens, of Chalgrave, near Charles Town South Carolina, Dated April the 30th, 1709. in which he has sent me the whole Process of making thereof from the beginning to the end; as being an Eye-Witness of the same, I could do no less (having this Opportunity) but with his Leave, gratifie the World therewith, which we hear present you in his own Words.

1. They Plant the Herb in Rows, about a Foot distance from each other, and making holes in each row, about 4 or 5 Inches distance, they put in 10 or 12 Seeds.

2. When it is grown up, and begins to Flower, they cut it up with hooked Knives for that purpose, and put it into a square Wooden Cistern, big enough for the quantity intended.

3. This Vessel they place so high, that another Wooden Cistern or Vessel of the same size, may be placed (as it were) under it, (being

(being raised a little from the Ground,) whose top may reach almost as high as the bottom of the upper Cistern.

4. When the upper Vessel is filled with the Herb, they have a Lattice made, and so fitted that it may just go into the top of the said upper Cistern, by which means the Herbs are kept close press'd together.

5. Then they Pump as much fresh Water on them as will cover them, as high as the top of the Lattice, and so let it stand in the open Air to Ferment.

6. When it is Fermented enough, (as they who have Judgment and Experience therein do know,) the Liquor is drawn out into the lower Cistern or Vessel, by pulling out a Plug, which is in the bottom of the upper Vessel or near it, on the one side.

7. After which, taking Wooden Mashers, (of the same shape of those the Brewers use, when they Mash their Malt or Grains in Brewing Ale or Beer,) they trouble and stir the Liquor violently till it Froths, so as the Froth is ready to run over the Vessel or Cistern.

8. Which done, they throw, or sprinkle with a Feather, a little Oil on the Froth, which allays the extream Frothing of it: This they continue to do, whilst the Master Workman standing by, with a Porringer in his Hand, takes up now and then some of the Liquor.

9. When he finds the Sap or Color of the Herb, (which is its *Facula*.) to part from the Water, in small Particles, and settle at bottom, he causes them to cease disturbing or stirring of the Liquor.

10. And he lets it stand in the Cistern or Vessel, till the *Facula* or Sap settles at bottom like Mud.

11. This done, they let the clear Water run out at several Plugs, set at several heights for that purpose; and they put the settlings into Bags, hanging them up to drain the remaining Water away.

12. Lastly, the *Facula* or Settling, they put into Quadrangular Boxes or Frames, about a Yard long and a Foot broad, and one Inch deep, on which they spread it with Bricklayers Trowels till it is stiff, and then cut it into small Squares as they please, which when dry, they put up into Barrels for a Market, or for use.

Thus have I given you a true Description of the making of *Indico*, from my own Knowledge and Experience; and knowing you to be a Learned Physitian, who has already Obliged the World with many Excellent Works and Preparations of your own, have sent it you, either to Publish it, or Bury it in Oblivion, as you shall think fit.

Rob. Stevens.

18. *INK to make.* Take green Copperas and great Gauls bruised, of each two ounces, Gum Arabick three drams, Sugar-Candy two Drams, put them into a Serge Cloth, then put altogether into an Earthen Pot with 2 quarts of fair Water, there let it lie 10 days, then strain the Ink out, and put it all into a Glass Bottle.

19. * *INK Writing an Excellent Prescript.* Take Rain-Water, in which a large quantity of old rusty Horse-Nails or bits of Iron have lain for a Year or more, two

two Gallons ; Ponderous Nut Galls bruised, or broken into little bits, two pounds, Pomgrate Peels bruised 8 ounces, good Coperas 8 ounces, (some say 12 ounces) Digest the Water, Galls and Peels together in a gentle Sand heat for a Month, shaking the Vessel once every day ; then add the Coperas, and digest for a week longer ; after which add Gum Arabick cut into small bits, 4 ounces : Digest till the Gum is dissolved, continually shaking the Glass once or twice every day, let it settle, and keep the mixture for use.

20. * INTERNAL PILES.

From a cold Cause, there is nothing better than to Bathe them Morning and Evening with this mixture: Take Powders of Amber, of Aniseeds, of Caraways, of Juniper berries, of Rosemary, and of Turpentine, of each equal Parts: mix them ; it will go into the part almost as fast as laid on. But if the Pain is from a hot Cause, Take Oil of Sweet Almonds two ounces ; Camphire one ounce, mix and dissolve ; then add Saccharum Saturni half an ounce, Extract of Opium made with Water two drams : mix them ; and anoint therewith, and apply Cloths dipt in the same thereon.

21. JOHNS WORT *Hypericum*.

This is a sovereign Herb for Wounds, or internal Bruises ; boil it in White-wine, and drink it very warm, with a little Sugar. For Wounds, make it into an Ointment or Bath. It opens Obstructions, and dissolves Swellings: It closes up the Lips of Wounds, and strengtheneth the Parts that are weak and feeble. The Seed, especially if brought into a Powder, and drank with the Juice of Knot-grass helpeth all manner of Spitting or Vomit-

ing of Blood, closes a Vem broken inwardly, helps those that are stung by any Venemous Creature. It is good for those that are troubled with the Stone or Gravel in the Kidnies, or have difficulty in making Urine. Two drams of the Powder of the Seed taken in a little Broth, gently expels Cholera, or congealed Blood in the Stomach. The Decoction of the Leaves and Seeds, being drank somewhat warm before the Fit of an Ague, whether Tertian or Quartan, does alter the Fits ; and by often using, takes them away. The Seed is very much commended, being drank for forty days, together in helping the Sciatica, Falling-sickness, and Palsie.

22. * JOINTS Afflicted: Take

Neats-Foot Oil five Pints, Beef suet two pounds, Oils of Aniseed, Amber and Juniper-berries, of each five ounces ; melt, mix, and make an Ointment ; and use it, anointing the part pretty hot in all cold Distempers afflicting the Nerves and Joints.

23. JOINT-STIFFNESS &c

This is cured marvelously with this great Medicine. Take choice well scented golden coloured Palm Oil 8 ounces : Oil of Aniseed an ounce and half, or 2 ounces, mix and anoint therewith Morning and Evening for 10, 15, or 20 days, as you see occasion. This also removes it in an hour : Take Oil-Olive three ounces ; Oil of Vitriol one ounce ; mix them, and apply it cautiously, so as it may not pull off the Skin.

This is an excellent Ointment for all cold Diseases, as Palsies, Stiffness of the Joints, Cramps, Convulsions, Cholick, and Pains of the Reins, &c.

24. * IS-

24. * ISSING GLASS. *Ichthyocolla.* It is a white Glew, made of the Skin, Tail, Fins, Stomach and Guts of the Fish Mufe, which is a Fish that has neither Bones nor Scales, except that in the Head. It is a Fish of a great Magnitude, being about 24 Feet long, and weighing about four Hundred Weight. Now these parts of the Fish are taken and boiled in Water, till all of them is dissolved, then the Glewy Liquor is strained, and being cold, all the Fat is carefully taken off, and the Liquor it self is again boiled to a just Consistence, which is cut into pieces, and formed into a kind of Collars, and so being strung upon a String or Packthread, are carefully hung up to be dried.

25. ITALIAN BISKET: Take D. L. S. in fine Powder a Pound; and to it put a pound of fine Wheat-flower, and six Eggs beaten very thin; then beat them all together in a Stone-Mortar for an hours space, not suffering it to stand still, lest it prove heavy; and put in half an ounce of Aniseeds; rub Butter over your Plates, and drop the Ingredients with a Spoon as fast as possible you can; set them into an Oven and bake them, but let them not be too much.

26. ITALIAN CHIPS: Take Paste of Flowers, beat them till they are reduced to a fine Powder; sift them, and take some Gum-dragon steep'd in Rose-water; beat all in a wooden or Stone Mortar to a perfect Paste, then rowl it very thin; and lay one Colour upon another in a long Roll; and being rowled very thin, cut them overthwart, and they will appear of divers curious and delicate Colours like Marbling.

27. ITCH to Cure: Take strong Lime one pound, and put it into a gallon of Spring-water; let them work together for some hours, and carefully pour off what is clear; filter through, and take two ounces of Quick-silver tied up in a bit of Lint, or thick Linnen Cloth; let this hang in the Liquor, and boil it half an hour or more: then pour off the clear Liquor, and with it wash the part afflicted; and when it is well dried in, anoint the same places with Ointment of Tobacco, which you may have ready prepared.

28. ITCH, another way to Cure: Take a handful of the Roots of Elecampane, and as much of sharp-pointed Dock; shred them small, and boil them in two quarts of Spring-water till a pint be consumed; strain out the Liquor, and wash with it the place afflicted once or twice a day.

29. * ITCH. This is infallible. Take Rose or Rosemary-Water 3 ounces, Powers of Mercury half an ounce: mix them, and wash the places affected therewith Morning and Evening. This Ointment never fails, Take White Precipitate one ounce, Flowers of Sulphur four ounces, Oil Olive mix'd with half its weight in Beef-Suet, ten ounces; Oil of Tartar per deliquium, an ounce and half: First mix the Oil of Tartar with the Precipitate, then add the Flowers of Sulphur, add the mixture of Oil and Suet, and so make an Ointment, with which anoint Morning and Evening, the places affected.

30. JUICE of Crabs. This is commonly called Verjuice, it cools, dries, binds, and quenches Thirst, asswages the heat of burning Fevers, stops Fluxes, and causes appetite. In other Countries

tries they imitate ours with the Juice of unripe Grapes. It is used with Sauces in Food, to sharpen the Appetite; and made into Lohochs with Virgin Honey, it cools in hot Diseases, and cuts tough Phlegm.

31. JUICE of Cucumbers. Here is meant the Wild Ones: It is Cathartick; it prevails against the Gout, Scurvy, and King's-Evil, Obstructions of the Viscera and Jaundice, also the Dropsie: It is to be taken from two drams, to three, four, or five.

To make a Syrup of it, Take of the Juice two pound, of choice Sena two ounces and a half: mix and infuse them over a gentle Heat close covered, sixteen or twenty four hours; then strain it out, and boil it up with as much white Sugar as will make it into a Syrup. The Dose is from two, to three four or five Spoonfuls in any of the Distempers or Grievances before mentioned. It purges out Watery Humours very strongly.

32. JUICES Depurated: Let your Juice settle for 12 Hours, then pour it off gently from the gross Impurities settled at the bottom; boil it gently in a Pipkin, and take off the Scum or Curds, letting it boil only a walm or two, then strain it.

33. JUICE of Garden, or Field-Sorrel: This made into a Syrup, or the Juice sweetned with Sugar, is very Cooling and Astringent, it allays the heat of the Liver and Stomach, slays Fluxes and inward Bleedings. It is good to expel the afflicting hot Vapours infesting the Brain in Fevers, and to hinder the Lightness in the Head: Eaten in Sallets, it cools the Blood and thins it. Applied Poltice-wise, it asswages hot Swellings, or any external Inflammation,

takes off the Redness and heat of the Face, or any part of the Body, being washed with the Distilled Water of it, and that of Scabious.

34. JUICE of Licorice: Of Licorice there are two kinds, viz. the Spanish and the English, though much of the same Virtues. The Spanish Juice is made by boiling the Juice to a thickness, or inspissating it by Evaporation, and then making it up into Rolls or Cakes, which they wrap up in Bay-leaves; that which is best breaks free, and is clear and shining like Jet. The English Juice is made into round Balls, and is generally a Composition made of the Juice and Pulp of Prunes, and so inspissated to a Body.

It is one of the greatest Pectorals, good against Coughs, Colds, Hoarseness, Wheezing, Difficulty of Breathing, Shortness of Breath, Stuffing of the Lungs, Brest and Stomach; also for Ulcers in the Kidnies, Sharpness of Urine, and the Corrosion of the Bladder: It helps Expectoration, Lemifies Roughness, Loosens the Bellies of Children, and takes away the Gripings, and other Pains. It helps to overcome and remove the Effects many times left behind, of strong and sharp Purgers.

To make an Aqueous Tincture of Licorice: Take Spanish Juice very thin sliced, or bruised to pieces in a Mortar one ounce, fair Water three quarts, Salt of Tartar three drams; mix and put all these into a Glass Body digested over a very gentle Heat twenty four Hours, and a pure Tincture will arise into the Water, leaving all the Faeces, or Earthly Substance behind in the same Form or shape as was put in: Beware you shake

is not, but Decant the Pure Clear Liqueur for use, and cast away the dross. It wonderfully sweetens the Blood, and is excellent in the Scurvy and French-Pox.

35. **JUICE of Licorice white:** Take clean Powder of Licorice two ounces, Orris Powder a quarter of an ounce: Wheat-flower 2 ounces, Sugar finely beaten one pound; Eastern Musk, and Ambergrise, of each three grains; incorporate these together with a mucilage of Gum-Tragacanth extracted in D. R. W. mixing and heating them together into a solid Paste: make them up into Tablets or Rolls, and dry them in the Sun, or before a gentle Fire, on fine Paper.

The Juice of white Licorice is more pleasing than the black, very acceptable to the Taste and Smell; and dissolved in Mint, or Rose water with a little Syrup of Gilli-flowers, is good against Coughs; Colds, Phthisicks, Asthma's, and most Diseases of the Brest.

36. **JUICE of Nettles:** It stops Bleeding, mixed with white Sugar, and snuffed up the Nose. A quarter of a pint of the Juice of the Tops of young Nettles drank at a time, stops internal Bleeding. It is also good, made into a Syrup with Sugar against the Diseases of the Lungs, as Colds, Coughs, Asthma's, Peripneumony, Pleurifies, Stitches in the Side, Heat, Pain, and Stoppage of Urine, whether proceeding from Sand, Gravel, or other mucilaginous Matter.

37. **JUICE of Pomegranates:** This is cooling and Cordial, clearing the Heart, and refreshing the Spirits: It resists Poison, and the Infection of the Plague, and all other Pestilential and Contagious

Distempers: It cools, and that which is most acid, is grateful to the Stomach. It is given in Cholerick Fevers, the Pica in Women with Child; Gonorrhæa's, and cures a sore Mouth. The Wine like Juice, that is between sowre and sweet, is Cordial and Cephalick, good against the Megrims, Vapours, fainting and swooning Fits; the sweet Juice is good against old Coughs. Of the acid or sharp Juice is made first a Syrup, with a sufficient quantity of Sugar to make it into a convenient thickness; secondly, Lohochs with Honey, and the distilled Spirit of the Wine of Pomegranates, is an excellent Cordial mixed with cooling Waters in all hot Diseases.

38. **JUICE of Wood Sorrel.** Take four pints of the Juice of Wood-Sorrel, purifie it, and pour it into a Glass Cucurbit, cover it with its Alembick slightly Luted, place it in Balneo Maria, and Distil about half the Moisture with a moderate Fire; take away the Cucurbit and let it cool: This being done, pour out the Acid Juice that remains by Inclination, and Filter through brown Paper, to separate the Dregs gathered in Distillation; then weigh out a Quart of the Clarified Juice, and in it dissolve four pound of fine Sugar, and give it a little time to simmer over the Fire: Take it off, and scum it when it is come to the thickness of a Syrup; you may likewise Clarifie the fine Powder'd Sugar with the White of an Egg and Fair Water, and boil it to the strong Consistency of a Solid Eectuary; and afterward incorporate the Juice of Wood-Sorrel Prepared as is directed.

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This Syrup is very cooling, and is useful to quench Thirst in hot Diseases; also the Heat of the Liver and Stomach. It is very much commended in Burning Fevers, and in Malignant and Epidemick Distempers. It comforteth and Strengthneth the Heart, and allays the Inflammation of the Mouth and Tongue, likewise that of the Palate and Throat: the Distilled Water of the Juice may be very properly mixed with the Syrup, or you may drink the Water alone. The Quantity to be taken, is from an ounce to two ounces, and may be taken in the Morning Fasting, and at Night going to Bed. or at any time of the Day as Necessity requires.

39. J U J U B E S : They are temperate in heat or moisture; eaten they are good against Coughs, Colds, Hoarseness, and Obstructions of the Lungs: Made into a Syrup or Lohoch, they help the roughness of the Brest and Throat, ease the Cough, and open Obstructions of the Reins and Bladder; the unripe Fruit strengthens the Stomach, and stops Lasks or Fluxes: The dried Fruit sold in the Shops are good against Fluxes and Exulcerations of the Lungs and Guts; they prevail also against Pestilential and Malign Fevers, by resisting Putrefaction, their Decoction being drunk: They strengthen the Heart, resist putrid Fevers, allay the heat of Cholera, abate Inflammations, ease pains of the Ureters and Bladder, heal Internal Ulcers, and prevail against Shortness of Breath, Pleuritis, &c.

40. J U L E P Cooling : To make an excellent Cooler for a Calenture, or Burning Fever, pare ten Limons, press out the Juice, and let it settle twenty four hours; then pour off the clear part, and

strain or filter it; put it into little Vials of an Ounce apiece, which is a Dose sufficient for any one. Some say, That two Doses of this will allay the greatest Burning Fever, and by degrees so cool and temperate the Blood, that the Distemper in a little time will cease. It may be given by it self; but if it prove unpleasant to the Patient, you may mix a little Sugar with it.

41. * J U N E, *Dishes in Season.*
I. *The first Course.* 1. Pike drest with Oysters, Bread-Pudding, Mutton Cutlets, Shoulder of Veal Stuft. 2. Or these, Pullets boild, Limon Pudding, Pancakes, Collops half Larded, Mutton in Cutlets. 3. Or these, Pullets Alamoade, Carrot Pudding, Lamb-Pye sweet, Mutton Roast. 4. Or these, Beef boild, Veal Cutlets, Mutton Roast, Plum Pudding.
II. *The second Course.* 1. Wild Pigeons, Pigs Petticoes, Pullets Forced, Apple-Pye. 2. Or these, A Lamb in Joints, Pease, Salmon or Gudgins, Tanfy with Frittars. 3. Or these, Turkey with Eggs, Artichoaks, Collar'd Pig, Almond Tarts. 4. Or these, Ducks Roast, Pease, Tongues, Cold Sallets.

42. * J U L Y. *Dishes in Season.*
I. *The first Course.* 1. Pike roast, Mutton boild, Potato Pye, Fillet of Veal Stuft. 2. Or these; Pottage with Rice, Almond Pudding, Green Fish with Eggs, Mutton roast. 3. Or these; Beet Alamoade, Lamb Frigafied, Neck of Veal Cutlets, Mutton roast. 4. Or these; Pease Soop, Salt fish with Eggs, Brest of Veal Collar'd, Pigeon Pye.
II. *The second Course.* 1. Chickens roast, Vanssey, Oysters in Shells, Potted Eels. 2. Or these; Turkey Stuft and

and larded, Roast or Boil'd Sweet-Breads, Collar'd Pig; Tart. 3. *Or these*; Rabbits roast, Chickens roast, Eggs in Gravey. 4. *Or these*; Green Geese; Pancakes, Parsnips butter'd, Sturgeon.

43. **JUMBALLS** *to make*: Take a pound of Sugar, beat it fine, a pound of the finest Wheat Flower well dried, mix them together: Take six Yolks and three Whites of Eggs, beat them very well with two Spoonfuls of *D. R. W.* blanch and beat fine a quarter of a pound of Almonds, put in a Spoonful or two of *D. R. W.* to keep them from Oiling, beat all together, with half a Dish of the best sweet Butter; take it out and work it with your hand, with a little Cream, till it comes to a stiff Paste; then strew in some Coriander-seeds prepared and beaten small; Butter the Plates you bake them on.

44. **JUMBALLS** *Plain*: Take six Eggs, two or three Spoonfuls of *D. R. W.* beat them very well together, put in a pound of *D. L. S.* beaten and sifted, mix them well together, and put in as much fine Flower dried as will make them rowl out, which you must do; then tye and lay them in what fashion you please, bake them on Papers or Plates, and be sure to take them off as soon as they come out of the Oven.

45. * **JUMBALLS** *another way*: Take fine Flower a pound and half, *D. L. S.* finely powder'd a pound, six Yolks and three Whites of Eggs well bearen with sweet Cream, *D. R. W.* of each six Spoonfuls; sweet Butter the quantity of an Egg; mix all these together, and make a stiff Paste; Work it better than a quarter of

an Hour, break it abroad, and put in Aniseeds, Catraway-seeds, and Coriander-seed, each in fine Powder, as much as you think fit, (also a Grain or two of Ambergrise and Musk if you please,) rowl them in Rowls, and make them in what Form you please, lay them upon Plates thin Buttered, prick them all over, then Bake them: If the Paste is too thin, add more Flower and Sugar as need require.

46. * **JUMBALLS** *of Almonds*: Beat Blanched Almonds with a little *D. R. W.* that they Oil not; add to them their double weight of *D. L. S.* in fine Powder, (leaving out enough to make them up;) beat the Whites of five Eggs up to a Froth, with which wet the Sugar and Almonds; set it upon a few Coals, stirring it, till you see it begin to grow stiff, so as it may be made a paste of: Let it cool, and when cold, rowl it up into Jumballs, and lay them on Pewter Plates, with a little Sugar stewed on the Plates first.

N O T E, *Mackroons* may be made the same way, only they are not to be so much dried, and all the Sugar is to be put in at first; when they be a little dry, drop them out with a spoon on a Plate; and searce a little *D. L. S.* over them.

48. * **JUMBALLS** *Excellent*: Take fine Flower, *D. L. S.* in fine Powder, of each two pounds; mix them into a Paste with the beaten Whites of Eggs: Put to the Paste two pounds of blanched Almonds well beaten, with a little *D. R. W.* adding a pound of Butter and a pint of Cream; and so mould all well together, shape them into what Forms you please, and bake them in a gentle Oven.

49. * **JUN**

49. **JUNKETS** *Excellent*: Take New Milk warm; add Renner, and let it cool: then strew on it Cinamon and Sugar in fine Powder, over which pour Cream mixed with a little D. R. W.

50. **JUNIPER-BERRIES**: *Their Virtues*: The Spirituous Water, as also the Oil, are either of them proper to free the Reins and Ureters from Gravel, and vicious Matter, that stops the Passages, and hinders the Urine from having its course. They are also very useful in cold Diseases of the Brain, and in Scorbutick Distempers. They Fortifie the Stomach, create an Appetite, help Digestion, resist Putrefaction, and kill Worms in the Body; also expel Wind, Cholick, and cold Maladies of the Bowels. Dose of the Water a spoonful, of the Oil 8 or 10 drops, in any fit Vehicle.

51. **IVY**: This Simple, tho' by some not much regarded, is of great Virtue; for *Dioscorides* tells us, a Pugil of the Flowers, which may be about a Dram, boil'd in Red Wine, or poulder'd, and drank twice a day, helps the Lask and Bloody-Flux. It is very strengthning to the Nerves, if applied outwardly in Oil, Ointment or Pultice. The Berries poulder'd and drank in Ale, are good against the Jaundice, Black or Yellow; they help those that spit Blood, and kill Worms: If any one has got a Surtéit by hard Drinking of Wine, boil a handful of Ivy in the like Wine, and the Decoction will greatly contribute to the Party's Health. The Juice of the Berries snuffed up the Nose, purges the Head of Rheum, and is good for Sore Eyes.

1. **Sil KENELM** Digby's Wound - Drink. Take Leaves of Sage and Rue, of each 2 handfuls, bruise them, and put them into a thin Bag or Boulter, and hang it in four Gallons of Ordinary Small Ale, and as soon as it is Tunn'd, take three hundred live Sows, commonly call'd Hog-Lice, bruise these with a little of the Ale, that all the Moisture may be extracted; strain it, and pour it amongst the rest, and put the Skins of the Sows to the Herbs in the Bag; when it has work'd sufficiently, begin to drink it at

Meals, and at other times when you have occasion to drink; and to render it more Grateful to the Taste, you may add a fourth part of White-Wine, forbearing during the taking of it, to Eat Salt Fish or Salt Meats.

This is a good Drink, but it will be much more effectual, if you add to the Composition Baxm, Sanicle, Speedwell, of each a handful and a half; Juice of Oranges a pint; Pimentum, or Jamaica Pepper just bruised four ounces.

It is not to be wonder'd at, that this Drink should be so efficacious;

cious, though it be compounded but of few Ingredients, since all Famous Authors ascribe such wonderful Virtue to these Creatures; and Experience testifies that they Cleanse, Resolve and Purifie to a Wonder. They dissolve the Stone in the Reins and Bladder to a Slime, and bring it away; they open Obstructions, help the Jaundice, and all Stoppages of Urine, as Disury, Strangury, &c. the Choclik, Asthma's, Shortness of Breath; and also restore lost Appetite. They are very much recommended for the curing all sorts of Cancers, Scirrhus Tumors in what part of the Body soever, the King's-Evil, and all Sordid and Inveterate Ulcers and Sores, &c. With this Drink did Sir Kenelm do great Cures at Frankfort in Germany, and at other places. It likewise stays the Bleeding of Wounds, and heals them very speedily.

2. **KERMES**: This is a Product of the *Scarlet Oak*. The Grains are doubly useful, either for dying Scarlet Colour, or for Medicine, which is most to our purpose: Wherefore to omit the former, they are Astringent, and used successfully for Wounds, especially where the Nerves are cut; and also prevent Miscarriage in Women. They are used in acute Diseases, as Apoplexies, Palsies, &c. as also for the Palpitation of the Heart, Fainting, Swooning and Melancholy.

3. **KERMES**, a Confection: Take the Juice of Apples, and D.R.W. a pound and an half; raw Silk cut very small one pound; put them into a Matraass well stopp'd, and digest them for twenty four Hours in Balneo Mariæ, then squeeze the warm Silk

in a Press, and boil the Liquor to the Consistence of a Solid Electuary with two pound of Sugar; take it from the Fire, and dissolve in it a pound of the New thicker Juice of Kermes; afterward mix with it Oriental Pearl prepared, yellow Saunders, and biting Cinamon, of each half an ounce; Ambergrise Pulverised with Drops of the best Oil of Cinamon, Lapis Lazuli burnt, wash'd, and made smooth, of each three Drams; Leaf-Gold one Dram, Oriental Musk half a Dram.

This Confection without dispute, is a very excellent one, and held to be one of the best Cordials that ever any Galenick Physician invented; for it repairs and recreates the Vital and Animal Spirits, cures the Palpitations of the Heart, and remedies Swooning Fits: It very much Fortifies the Brain, and all the Noble Parts, and is an Enemy to Putrefaction: It Re-establishes the Languishing and Decaying Strength, and drives away Melancholy and Sadness, and restores and preserves both Body and Mind in a good Condition. It may be taken upon the point of a Knife, or dissolved in Wine, or in Broth, or in any Cordial or Cephalick Liquor. It is sometimes mix'd with Electuaries or Opiates either soft or solid: The usual Dose is from one Scruple to one Dram. It is also mixed in Epithems prescribed for the Heart and Liver, and rarely fails the Patient's Expectation.

4. * **KERMES** Confect'd: Take Juice of Kermes (as it is sold at the Shops) Cacao Nuts ground fine, or in a soft and smooth Pulp, of each a pound; Green Ginger sliced thin and beaten into a Mass, 12 ounces; Nutmegs grated into a fine Powder, Catechu, dryed Pipers-Flesh, in fine Powder,

Powder, of each six ounces; Cloves in fine Powder three ounces; Cochinele, Saffron, both in fine Powder, of each two ounces: mix and make all up into a Confection; with double-refined Sugar 3 pounds, and a sufficient quantity of Spirit of Wine, to dissolve it into a thick Syrup. Divide this quantity into two parts; Keeping the one half by it self for Women kind, and such as love not sweet Smells; the other half perfume with choice Musk a scruple, Ambergrise 10 grains, both in fine Powder, which mix with this latter half, for to be given to Men. Dose as much as a Walnut, every Night going to Bed.

Its Virtues. Kermes, or Alkermes is made of the Kermes-Berries, and brought from *Marseilles*: It is of a bright Scarlet Colour, well-tasted, and of the thickness of an ordinary Syrup. It is a very great Cordial; it dissolves Wind and Vapours, cheers the Heart, revives the Spirit, speeds Women in Travail, helps Nature, cures Wounds and wounded Nerves, resists the Poison of the Plague, and the malignity of Pestilential Fevers, and very powerfully and kindly drives out the Small-pox and Measles. The Dose is from half an ounce to an ounce and half, and may be taken in this Mixture, viz. the Juice of Kermes six drams, Aqua-Lactis Alexiteria four ounces, mix them together for a Draught. Or in this manner; Take the Juice of Kermes, six drams, the Tincture of Cochinele two drams, Aqua-Lactis Alexiteria four ounces: mix for a Dose. A Syrup made of this Juice with double-refined Sugar is good to cut tough Phlegm, if mingled with a little Juice of Limons or Citron; also to open

Obstructions of the Breast and Lungs, and strengthen the Stomach; it causes a good Appetite, and is good against Pestilential Diseases. A Water distilled from the Juice, very much resists the Plague, and creates a good Habit and Constution of Body.

5. KIBES: Take Navel-wort, the Leaves and Root, stamp it very small; to half a handful of both these, put two ounces of Linseed Oil, and a quarter of an ounce of Alum in Powder; mix them well together over a gentle Fire, wash your Kibes first in Water and Salt; and being dried, bind this on as a Plaister or Pultice. It is the same for Children; it helps Corns, being so applied, when they are newly cut.

6. KIBES Broke to Heal: Take the Lungs of a Ram dried and beat to Powder, mixed with the Oil of Earth-worms, and Linseed Oil, and by applying it three or four times, and washing them with Urine, your Expectation will be answered: or if they be not broken, make a Plaister of Alum, Vinegar, and Mustard, and lay it on them.

Dress them with Balsam de Chili; but if they are foul, strew upon the Ulcer Rosin of Scammony, and it will cleanse it to the bottom, yea, though the Bone be foul; then lay over Lint dipt in the Balsam, and over all Emplastrum Diapalma. By following this Course, the greatest Ulcerated Kibes will be healed in a short time.

7. * KIBED HEELS. If the Ulcers are recent, and not much corrupted, strew upon them the Powder of Virginia Tobacco, and dress it with a Pledget dipt into Ointment of Tobacco; and over all lay Diapalma Emplaster, dressing them

Morning and Night, till the Ulcer is cleansed and fill'd with Flesh, and the Cure comes apparently on; afterwards dressing them once a day will be enough. But if the Ulcer is inveterate, and vehemently corrupted, or if the Bone is foul, cleanse it with dry Linr, and then strew over it fine Powder of the best or most Resinous Scammony, and dress it up with Tobacco Ointment, in which Powder of Scammony is put, instead of the Powder of Birthwort Root, laying over all the Diapalma Plaster; and thus to dress it twice a day for some time, and afterwards once a day. This will not fail of doing the Cure, yea, tho' the Bone is corrupted. I have publish'd this here for the Publick Good, being what I have often had the Experience of, to my great Satisfaction. The Process of this Cure alone is worth more than ten times the whole Price of this Book.

8. KICKSHAW to Bake or Fry. Take some Puff Paste, and rowl it thin; if you have Moulds, work it upon them with preserv'd Pippins, and so close them, and fry or bake them; but when you have clos'd them, you must dip them in the Yolks of Eggs, and that will keep all in; fill some with Gooseberries, Raspberries, Marrow, Sweet-breds, Lamb-stones, Kidney of Veal; or any other thing that you like best, every of them being seasoned before you put them in, according to your mind; and when they are baked or fryed, strew Sugar on them, and serve them in.

9. KIDNEYS: If you find any swelling in the Kidneys, by reason of Obstruction of Urine, Cold, some Blow received, or otherwise, take the Oils of Roses and

Quinces, of each two drams; warm and mix them well over a gentle Fire, chafe it on the Reins of the Back, and swath the Body very warm, with a Flannel Wrapper.

10. * KIDNEYS Pained. If there is any Pain or Obstruction in the Reins, give presently this Clyster. Take Turpentine an ounce, Yolks of two Eggs; grind them well together, to open the Body of the Turpentine: This done, add Mutton Broth or warm Posset-drink, a quart: mix and exhibit half of it blood-warm: Then by the Mouth give Arsmart or Hydropiper water six ounces, sweetned with Honey, the use of which continue, till the Patient has ease, which will be in a short time: and at Night give a full Spoonful of this mixture in a Glass of Arsmart or Hydropiper-water. Take of Gutta-Vite, Powers of Aniseeds and Powers of Juniper, of each equal parts: mix them, and keep it for use.

11. * KIDNEY-BEAN, or French Bean, than which none is more fruitful: It does not only exceedingly multiply, but its Flowers are a beautiful sight to behold. The Green Cods are a wholesome Food; and tho' but lately cultivated amongst us, yet are already very well known. There are four Species of them. I. The Scarlet Bean, which has a red Husk, which is not the best to eat in the Cods, as Kidney Beans are usually eaten; but the Beans themselves are said to be the best to be eaten in Winter, when dry and boiled. II. The variegated or streaked Bean, which is the hardest and meanest of all; the dry Bean being all over streaked with a dark Color: These eaten boiled in Winter are harder

harder of Digestion, but mightily abound with a noble Volatile Salt. III. *The large white Bean*, which yields a fair, large Pod, and eats pleasant and sweet, yielding also a great quantity of Volatile Salt. IV. *The small white Bean*, altogether like the former, excepting in its Size; and being the sweeter of the two in eating, nourishing much, and restorative in Consumptions, as they all are, in some measure. They delight in a warm, light and fertile Soil, which may be planted with them about the beginning of May, or middle thereof at farthest, putting them into the Earth, about a Foot distance one from another, and two Fingers deep; which if the Weather is seasonable, will give you an extraordinary Crop. You may either set tall Sticks near them, to run upon, and twine about, or let them lye on the Ground; but if you have a scanty room, then if they run on Sticks they will yield the greater Increase. The Green Pods may be pickled, (picking off their Stalks) by steeping them in Vinegar and Salt, then boiling them a little with some Fennel, and a piece of Alum; which done, take them out, and put them in a Sieve, till they are cold; then put them into the Pickling Pot, putting between every Layer, Cloves, Mace, Ginger sliced, Pepper broken, Fennel and Dill; and fill the Vessel with the best White Wine Vinegar.

12. KIDNEY-BEANS: To enlarge upon these will not be amiss, seeing so many and various Uses are appropriated to them.

They open Obstructions, provoke Urine, expel Sand, Gravel,

and slimy Matter, strengthen wonderfully, and cause a good Colour in the Face, restore in Consumptions; they thicken, cleanse, and stop Fluxes, as Diarrheas, Lienteries. The Decoction of them is good against the Stone; a strong Broth of them boiled till they are broken, dissolved and strained, is good against a Consumption. The Flower is used in Pultices, and to ripen Apostems. It eases pains outwardly, takes away Freckles, Morpew, and Sun-burn, and other Deformities of the Skin. A Cataplasm made of it discusses Bruises in the Eyes. A Volatile Salt made of them is good against the Apoplexy, Epilepsie, Lerhargy, and Convulsion, Gout, Stone, Rheumatism, Colick, and other Diseases of the Head, Nerves, Womb, and Joints. The Dose is from six Grains to ten. They are likewise pleasant for Food, and very nourishing.

13. KIDNEYS, Pained. Take Maiden-hair, Liquorice, of each five ounces; infuse them twelve hours in three quarts of Spring-water, then boil them gently in a Bath, and press out the Liquid part, when a third of it is consumed; add, by well mixing, three pound of clarified Honey.

This not only helps the Diseases and Pains in the Kidneys and Sides, but also opens the Obstructions of the Lungs, provokes Urine gently, and expels the Gravel and Stone out of the Bladder; an ounce of it may be taken at a time in any proper Liquor.

14. * KIDNIES Obstructed. This is an extraordinary thing against Stone, Gravel, Sand, Tartarous Matter, or any thing which obstructs

the Passages of the Reins, Ureters and Bladder. Take Strasbourg Turpentine eight ounces; Egg-shells, Crabs Eyes, Sparr, Winter Cherries, Daucus-seed, all in fine Powder, of each three ounces: mix and make a Mass for Pills. Dose one dram, Morning and Evening.

15. KIDNEY-PYE, or Pasty: Take the Kidnies of Veal, Fat and all, with some of the Meat; when the Loins of Veal are just roasted, mince them very small with the Marrow of six Bones cold, to which add sweet Marjoram, Winter-Savoury and Thyme, very well bruised, or small shred, D. R. W. a quarter of a pint, half a pound of Currans, a sliced Nutmeg, half a pound of Sugar, and the Yolks of six Eggs; and mixing them well together, let the Crust of your Pyes or Pasties be of Puff past, and of but a different size. These, by some, are called Marrow-Pasties; but then there is usually more of the one than of the other among the Ingredients: These being made very small, may be fried in sweet Butter, or tried-Suet.

16. KIDNEY, The Stone in it: We may before-hand perceive the Signs of this dangerous Distemper, by a fixed Pain in the Loins, bloody Urine, or voiding Sand or Stones, the numbness of the Leg on the side of the affected Kidney, the retraction of the Testicles on the same the pain afflicts, a queasiness of the Stomach, and straining to vomit.

This is an approved Remedy against the Stone, and gives ease in an hours time. Take of our Gutta Vitæ, Powers of Juniper, Powers of Aniseed, of each three or four ounces: mix them. Dose a full large Spoon

ful upon extremity; it gives present Relief. The Patient may take also every Night going to Bed, one small Pill of our Volatile Laudanum.

17. * KIDNIES Ulcerated, There is nothing better to cure an Ulcer in the Kidnies than this Method. Twice or thrice a day, viz. Morning, Noon and Night, let the Patient take 15 grains of the Pituit of Mars in a glass of good Spruce Beer. Then at ten in the Morning, and at four or five in the Afternoon, let them take some of this following Powder. Take Crocus Martis astringens, Catechu, Jesuits Bark, of each two ounces: make each into a fine Powder, and mix them. Dose half a Physicall dram, or 30 grains, in any convenient Vehicle, as Decoction of Daisy Roots, Syrup of Comfrey, &c.

18. KIDNEY-WORT: It is otherwise called Wall penny-royal, or Wall-penny-wort: The Juice of it being drunk with a little fine Sugar, is excellent, cooling, and good in all Inflammations and unnatural Heats: Excellent is the distilled Water of it in cooling a fainting hot Stomach, or heated Bowels, or hot Liver; it takes away Pimples, or Redness in the Face, Anthony's Fire, and other outward Heats and Inflammations; it also easeth the Pain or Soreness of the Kidnies, occasioned by the Stone or Gravel; it provokes Urine, and is available for the Dropsie. The Juice being made into an Ointment, is excellent in easing the hot Gout, or Sciatica.

19. KINGS-EVIL: Take a handful of the Herb called White-Archangel, stamp it small, and mix with it some Hog's-Lard; and apply it Plaister-wise to the Swelling or Tumour; or, Take the lesser Daisie, or common Wild

Wild Daisie, usually growing on the Commons, and in Fields, and stamp the Roots, and use them as the former. Figwort is likewise applied with very good Success in this Distemper.

20. * **KINGS-EVIL** its Cure :

Outwardly to anoint withal, an Ointment made of the Roots of Pilewort, is a Specifick ; so also an Ointment made of the Roots of Figwort. And to anoint with this Ointment, is extraordinary good. Take Oil of Ben, or Oil of Bitter Almonds four ounces ; Saccharum Saturni three ounces, mix'd with a little Vinegar : mix all together for an Ointment, and anoint therewith daily. If these things prevail not, you must have recourse to stronger Medicines ; as.

1. To wash the Tumour or Sore with Aqua divina Fernellij. 2. Then to anoint with Unguentum Cosmeticum, or Unguentum ad Scabiem, or to apply it to the Sore upon Lint, or fine Tow. 3. To apply over all Emplastrum ad Strumam, or Emplastrum Mercuriale spread upon Cloth or Leather ; these things as to the outward application will not fail to do good, being constantly used for some time. And inwardly you must purge with our Pilulæ Catharticæ or Family Pills, or you may give Arcanum Corallinum, from two to six grains, or the Princes Powder, from four grains to ten, in some proper Purge, and during the whole Cure to drink constantly the following Diet drink. Take choice Sena a pound, Mechoacan, thin sliced and bruised, six ounces ; Rhubarb thin sliced three ounces ; Carthamus-seeds an ounce and half ; Bark of the Elm tree, Roots of sharp pointed Dock, of Burdock, of each eight ounces ; Elecarapane Root thin sliced and bruised four ounces ; Herbs, as Scurvy-grass, Parsley, Smallage, of each two handfuls ; Guajacum and Sassa-

fras rasped, of each six ounces ; Juniper berries, Winter Cherries, Jamaica-Pepper, all bruised, of each four ounces ; Seeds of Anise, Carraways, Coriander, Cubebs, of each three ounces ; Orange and Limon peels, of each two ounces ; Figs slit, Raisins of the Sun stoned, Currans, of each a pound ; Antimony in fine Powder, and tied up in a Rag, a pound and half : put all into a Bag, with a Stone in it, which put into five or six gallons of New-Ale, letting them work together, then drink it as Diet drink.

21. **ANOTHER** : Let a quart of New Milk just boil, and taking it off, put into it four Spoonfuls of Honey, which being dissolved with stirring, set it on the Fire, and let it boil about a Minute ; then divide it into four parts, and drink one part warm early in the Morning, another about ten, another about four in the Afternoon, and the rest at Bed time : Do this daily a Month or two together more or less. On the Days you Purge, which must be once a Week, if it be a Grown Man or Woman, you may take three quarters of an Ounce of Sal Mirabile, dissolved in Posset-Drink, and keep very warm, and be careful after it : Dress the Sores if they run, with any Drawing Cerecloth, or a Plaister of Burgundy Pitch. This Medicine tho' not very promising, is yet very Famous for the many Cures done with it by a very Charitable Lady.

22. **KINGSEVIL**, Ointment and Drink. Take the Roots of Pilewort a handful, bruise and boil them in Hogs Lard till they become crisp, after that press them hard out, and boil in the same Lard as many more fresh ones, press them out again, and

do this the third time, and then keep the Lard wherein they have been boiled, and with it anoint the grieved parts twice or thrice a day.

Take about four Spoonfuls of the Juice of Water-Parfneps, and drink it in Milk, or other Liquors, Morning and Evening, in the Months of *April, May or June*, and wash the Sores with it.

23. **KINGS-EVIL**, *a Drink and Ointment*. Take three ounces of Guaiacum sliced, one Ounce of the Bark, infuse two Hours in a Gallon and half of Clean Running Water, on hot Ashes, in a Pipkin close covered, boil it over a gentle Fire without Smoak, till the third part be consumed, then add Mecoachan and Polipodium of the Oak, of each two ounces; Fumitory and Borrage Flowers of each a handful; Rosemary and Violet Flowers, Scurvy-Grass Roots, Primroses, Cowslips, Camomile-Flowers, of each a little handful; Aniseeds and sweet Fennel-seeds, of each half an Ounce; boil all these things till there remains but six pints of Liquor, then strain, and Clarifie it with the White of an Egg, and put a little Sugar according to your Palate, and let the Party take two or three Spoonfuls in the Morning fasting, continue it 20 days, add or diminish the Dose as you find it Work; two or three times a day is sufficient.

24. **KINGS EVIL** *Ointment*: *Ointment to be used with the aforesaid Drink*. Take one Peck of Fox-Gloves, stamp them in a Stone Mortar; when they are very small, put to them three pound of fresh Butter, then set them on a soft Fire, in a new Pipkin, and let them boil four Hours, stirring

it continually with a Wooden Slice, put it out into an Earthen clean Pipkin, so that you may heat it again when it needs, which will be once a Month; you may set it in an Oven when the Bread is out, and put in a piece of Butter to keep it moist; when you use it, take no more at a time than you need; and warm it not too hot, but so as the Party may well endure it; it must be laid on every place where the Evil is broke; dress the Sore twice a day, and anoint the Sore with some of that Oil that comes from the Composition, so far as it is hard: you must lay it even on the Cloth, neither too thick nor too thin, and must keep always the same Cloth next to it; but the next to that you may change as often as you please; there will be Oil on the top of the Composition, if well kept, and that is the Oil that is spoken of; whilst you use this, you must take the Diet-Drink aforesaid.

25. **KINGS - EVIL**, *Another*: Take of the Herb called Monse-Ear, two or three handfuls, bruise it, and boil it in as much fresh Butter as you think will serve, and put into it a little Wax, to make it as stiff as a Salve, so boil it up and strain it; when you use it, spread it on Leather, and lay it on.

26. **KINGS - EVIL**, *Another*: *And to open Obstructions of the MESENTERY*. Take Sea-Sponge Ashes, Cuttle-Bone, of each two Drams, Pouder of Wood of Aloes, Yellow Saunders, and Winter-Bark, of each a dram an half; white Chalk three Drams, Ivory, Crabs-Eyes and Coral prepared of each four Scruples; Salt of Wormwood one Dram; make

make all into a Pouder, of which take half a Dram, in a Draught of the following Diet-Drink.

Take half a Dram of the Pouder every Morning, and fast an Hour after it, and as much every Afternoon, about four of the Clock.

27. * **KINGS EVIL**, Diet-Drink. Take China thin sliced, two ounces, Sarsaparilla four ounces, Sassafras two ounces, Ivory and Harts-Horn, of each one ounce; Leaves of Osmundroyal, Speedwell and Sage, of each two handfuls; make all fit to be put into a Boulter-Bag, to be boiled in six Gallons of New Wort, till two Gallons be consumed; then take out the Bag, and put Yest to it, and after it has Work'd, Tun it up, and put the same Bag into it, with a bit of Steel or Iron; take this for your Ordinary Drink at all times; repeat this Dose twice or thrice, if the Patient be not Cured with the former.

28. **KINGFISHER**: This is a Water-Fowl, Blue, Green and Purple, very Beautiful; it Builds in the Winter by the Sea shore, when generally for fourteen days there is a Calm, which is the time of their Hatching; which makes some believe this Bird has an Instinct of Nature to know when the Winds will be still, and against that time prepares to build her Nest and breed.

29. **KINGFISHERS Flesh** is exceeding good for Consumptive Bodies, wonderfully restoring them, and making the Parties grow Fat, Fresh and Lively.

Take upon this Account of the Rostates two ounces, the Pouder of Vipers a dram; mix them together for a Dose, and give them to the Consumptive party.

Take of the Flesh dried and made

into Pouder one ounce, Amber a dram, Mans Skull a scruple, mix them, it is a Remedy for those that are troubled with the Epilepsy,

30. * **KITE**: This is a Bird of Prey, and very Ravenous; yet Nature has ordered it, that all Creatures shall one way or other redound to the Good and Benefit of Mankind. Some People, as the poorer sort in Germany, eat the Flesh as a great Dainty: yet being a gross kind of Food, it is not used by us for such: However, Take the Pouder of the Flesh a Dram, Volatile Salt of Amber twelve Grains, Sal Armoniack four grains: These being mixed for a Dose, are prevalent against the Gout. Again, Take of the Flesh of a Kite in Pouder one dram, Salt of Mans Skull a scruple, Filings of Elkhooft, and Native Cinabar, of each ten grains; mix these for a Dose against the Epilepsy.

31. **KITES Ashes** (of the whole Kite) given in the same manner, as before mentioned, are prevalent against the same Diseases, so also is the Volatile Salt and Oil made by Distillation, as Oil and Salt of Man's Skull, which may be given from twelve or sixteen grains to a scruple, in any convenient Liquor.

32. **KITES Blood**: Anoint the Forehead and Temples with it, and it eases pains in the Head, and prevents Strange and Frightful Dreams, causes Sleep, and sets a fair Complexion on the Skin: Made up with Oil of St. John's-wort and Wormwood into an Unguent, it eases Pains in the Joints, and is good to anoint the Head and Stomach with, in Case of the Falling Sicknes.

33. **KITES**

33. **KITES Dung** : Take of the Dung of a Kite, (the Younger the better,) an ounce an half, Camphire in fine Powder two drams, Common Soap as much as will suffice to make 'em into a Cataplasme. This applied hot, immediately eases the raging pain of the Gout, insomuch that several Persons of Note, who have been troubled with this afflicting Dislemper, have caused Kites to be taken, either the Young ones or others, and kept them Tame as Charily as their Hawks, for no other purpose than for their Dung.

34. **KITES Grease** : This is good to anoint old Sores and Swellings, also Pains and Aches ; it supple the Joints, and resists the penetration of sudden Heats. Iron Instruments rubbed with it, and afterwards heated in the Fire, become very hard, and are rarely after subject to Rust or Decay, as some say.

35. **KITES Liver** is good against the Gout and Epilepsie, and also Convulsions. Take of the Powder three drams, Oils of Rosemary and Lavender, of each five drops ; and make them up into one Dose.

36. **KITES Testicles** : Take of the Powder one dram, extract of Saryrion one dram and half, Powder of Pipers half a dram ; mix them for a Dose ; for some time being taken, it helps Barrenness, and causes Fruitfulness ; 'tis exceeding good in Consumptions. To conclude, of a Creature so little taken notice of by most, few have better or more Virtues to do good in these kinds.

37. **KNAPWEED**, its Virtue and Use. This Herb or Weed, grows in Fields and Meadows, about the Borders and Hedges ; its Virtue is to stay Bleeding both

at the Mouth and Nose, or any other outward parts, and those Veins that are broken, or inward Wounds, as also the Fluxes of the Belly ; it stays the Distillation of thin and sharp Humours from the Head upon the Stomach and Lungs ; it is good for those that are bruised by any Falls, Blows, or otherwise ; it is very profitable for those that are Bursten and troubled with Ruptures, by drinking the Decoction of the Root and Herb in White-Wine, and applying it outwardly to the grieved Part ; it is singular good in all running Sores, Cankers and Fistula's, drying up the moisture, and healing them gently without sharpness ; it is of special use for the soreness of the Throat, the swelling of the Uvula and Jaws.

38. **KNAWELL** : This grows in most Fields and Meadows, and about their Borders and Hedges, and in many waste Grounds. As for the time it Flowereth, it is in June and July ; and the Seed is soon after ripe.

This Herb stayeth the Flux at the Mouth, Nose, and other Outward Parts, also those Veins that are inwardly broken, or inward Wounds, as also the Flux of the Belly : It stays the distillation of thin and sharp Humours from the Head upon the Lungs and Stomach : It is good for those that are bruised by any Falls, Blows, or otherwise : It is very profitable for those that are Bursten, and have Ruptures, by boiling the Herb and Root in Wine, and drinking the Decoction sweetned with Sugar, and applying the Herb and Roots so boiled as a Pultice to the grieved Part. It is singular good in all running Sores, Cankers and Fistula's, drying away the Moisture, and heal-

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ing them up gently; the like it does to running Sores or Scabs on the Head, or other parts: It is of singular use for the Soreness of the Throat, Swelling of the *Utula* and Jaws, or to stay Bleeding, and heal up green Wounds.

39. **KNEES Swelled:** Take a handful of Goats-Dung, and mix it with Barley-Meal, boil them in Vinegar and Water, till they become thick enough to spread as a Plaister, and then apply them to the Swelling, often renewing. This Plaister will quickly assuage the Pain, and in time remove the Swelling. It is also good for Swellings occasion'd by Pains of the Gout, or the like, in any Part of the Body.

40. * **KNEES Pained:** Bathe the Place affected first 3 or 4 several times very well with the Powers of Amber, which done, then anoint it with Balsam de Chili, dressing it twice a day; and let the Patient take every Night going to Bed; two Pills of my Cathartick Laudanum, and continue the use of these things till the Knee is well: But to facilitate the Cure, it will be good to let the Patient keep their Bed all the time, to prevent the falling down of Humours into the part; and once or twice a Week they may purge with Sal Mirabile, taking it from half an ounce to an ounce (according to Age and Strength) dissolved in a draught or two of Broth, Water-Gruel or Posset-drink.

41. **KNOT-GRASS:** The common sort of this Grass (for there are divers sorts of Knot-Grass) has a Root hard, woody, and single, and many Fibres: It's of an astringent Taste, and has many Stalks a little standing upright, but often running along on the Earth. The Seeds are pretty large, and of a dark Chestnut colour.

It closes Wounds, and contributes towards their healing, as being drying and astringent: It stops inwardly Fluxes, and outwardly the Bleeding of Wounds. The Juice of it always Inflamations, especially of the Eyes. A noble Man that vomited Blood, and had used many other Medicines to no purpose, upon the using this, viz. the Juice, had his Flux of Blood stay'd, which else perhaps had not ended but with his Life.

This kind of Grass springs up late in the Spring, and abides till Winter, when all the Branches perish: The Juice of it is excellent in staying Bleeding, being drank in steeld or red Wine: It stays Bleeding at the Nose, being applied to the Forehead and Temples, or squirted up the Nostrils. It's good also for the Bloody-Flux, stops the Courses: It is singular good to provoke Urine, and is helpful against the Dysury, Gravel, Biting of venomous Beasts, Rheums, Worms, Heat, Cholera, Inflamations, Apoplems, Gangreens, Fistula's, Ulcers, Cankers, and Wounds in the Ears, with many such like Distempers.

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1. **LACHRYMALE** *Punctum*, vel *Foramen*. It is an hole in the Nose, by which the Matter or Liquor of the Tears passes to the Nostrils. If this Hole grows hard and brawney, from an Ulcer, in one of the Glandules at the Corners of the Eyes; thence arises the *Fistula Lachrymalis*.

2. **LACHRYMÆ**. They are Tears, made of a Moisture which is separated by the Glandules of the Eye, to moisten the Eyes; which, if it is too much, so that it cannot be recieved by the *Punctum Lachrymale*, it falls from the Eyes in Drops, and is called Tears. Whatever also is strained through, and drops out naturally, or is let out by Incision, from any part of a Plant, whether it be Juice (as the Tears of the Vine) Gum, Rosin, Oil, &c. is called *Lachryma*.

3. **LADIES-MANTLE** is an excellent Wound-Herb, being hot, dry and astringent; it stops Bleeding and Courses: The Leaves, the Tops, and the Roots, are given in Potions for Wounds with Success; as also are the Pouders; the Plaisters and Ointments of it applied, are very good on that account. Rags dipped in the Decoction of it, and applied to Women's Breasts when they are lax, makes them round and solid. It agglutinates inward Wounds and Ruptures: And the Decoction of it, or the Pouders

of the dried Herb taken in the Decoction, or in the distilled Water, is excellent for curing Bursenness in Children.

4. **LADIES-SMOCKS**, the *Conserve*: Take this Herb (which is also called *Cuckow flower*) and Brooklime, of each two handfuls; shred them small and bruise 'em, then mash them, and put to them an equal quantity of Sugar, and make them into a Conserve: Take of it six ounces, White and Yellow Saunders in Powder, of each three drams; Salt of Wormwood two drams; Syrup of Limons a sufficient quantity; mix and make an Electuary; and take to the quantity of a quarter of an ounce Morning and Evening. It is an excellent Remedy also for the Scurvy, and for removing Scorbutick Humors, &c.

5. **LAIID-PUDDING**: Slice a Manchet very thin, and take three or four Dates, according to the bigness of the Dish, cut them in small pieces, and some Raisins of the Sun stoned and Marrow; first rub the bottom and sides of the Dish with fresh Butter, and lay a Layer of Sippets, and a Layer of Dates, Raisins and Marrow, not too thick; repeat this till the Dish be full; then take the Yolks of two or three Eggs, and beat them with as much Cream as will fill the Dish, season it with Salt, Sugar and Nutmeg, stir these together, pour it on the things in the Dish and bake it.

6. **LAMB**:

6. LAMB: This Metamorphosis may at first seem somewhat strange, though we can assure you it has been much in esteem, viz. to make Lamb of a Pig, in this manner: Take a fat Pig, scald it, and cut off the Head, slit it, and truss it up like a Lamb; being slit through the middle, and head, boil it a little while: then being draw'd with Parsley, as you do Lamb, roast it, and it will not be easily discern'd from Lamb.

7. LAMB-PASTY: Bone your Lamb, cut it four square, season it with Salt, beaten Pepper, Cloves, Mace, Nutmeg, and minc'd Thyme, lay in some Beef Suet and your Lamb thereupon, making a high border about it; then turning over your Sheet, close and bake your Pasty; when it is enough liquor it with Claret, Sugar, Vinegar, and the Yolks of Eggs beaten up together, if you would have your Sauce only savoury, and not sweet, let it be Gravy only, or the baking of Bones in Claret-Wine.

8. LAMB-PYE. Take the Flesh of a Leg of Lamb 3 pounds, Beef-suet two pounds; both minc'd small: Season it with Salt, Pepper and Thyme, adding a little Parsley shred small, and D. L. S. in Powder to make it pleasant. Then take twelve raw Eggs, and mix them well with your Meat, and so put it into the Crust. When baked, put in to it a mixture of Vinegar, or rather Juice of Limons, or Lime-juice and Sugar, and so serve it up.

9. LAMB-PYE to Season: Take Quarter of Lamb, an ounce of beaten Cloves and Mace; a quarter of an ounce of Pepper, a quar-

ter of an ounce of whole Mace, a little Salt, half a pound of Currants, and one pound of Butter.

10. LAMB-STONE PYE: Take six young Pigeons, as many Chickens, truss them and bake them with six Ox Palates well boiled and blanched, and cut into little pieces; take six Lamb-stones, and as many Sweet-Breads of Veal cut in halves and parboil'd, twenty Cocks-combs boiled and blanched, the bottoms of four Artichokes boiled, a quart of Stewing Oysters parboil'd, the Marrow of four Bones season'd with Nutmeg, Pepper, Mace and Salt; fill the Pye with the Ingredients, and mingle some Pistaches amongst them; grate in the Yolks of Eggs hard boiled, and covering all with Butter, close it up, and put into it a little fair Water at the hole in the Lid; being Baked, drain out the Butter, and Liquor it with Gravy and Butter beaten together.

11. LAMB to Souce: Bone your Side of Lamb first, soak it well in Water and Salt, wipe it dry, season it with Nutmeg, Pepper, and Sweet Herbs shred small, Limon-peel, and Salt: lay broad slices of Bacon over the Seasoning, then roul it up into a Collar, and bind it up in a Linnen-Cloth, boil it in Salt and Water, taking off the Scum, put in sliced Ginger, Nutmeg and Fennel, with Parsley-Roots; and when it is almost boiled up, put in a quart of White-Wine; and being boiled, take it off, and put in slices of Limon, the Peel of two Limons, and twelve Bay-Leaves, and keep it close in a convenient Vessel for use. In this manner you may Souce a Breast of Veal, Kid, Fawn, or Venison.

12. LAMB

12. **L A M B** like *Venison*: To order this that few shall discover it, Take Lamb, Bone it, and dip it in the Blood of a Pig, or any other wholesome Blood; parboil it in small Beer and Vinegar, three parts of the first to one of the latter; let it stand all Night, then put in some Turnsole, or rather Alkanet-Root, and bake it with Claret, Butter, Pepper, Cloves, Mace, and some sprigs of Rosemary, and it will afford you an excellent Dish.

13. **LAMENESS** in the Limbs: This is many times occasion'd by sudden Colds, or Humours settling in particular parts. To cure or remove it, Take of Oil of Spike and Earth-worms, of each an ounce; mix them well together, and bathe the Afflicted part as hot as may be well endured.

14. * **LAMENESS** in the LIMBS. If you would Cure this Effectually, especially if it seems to be a Rheumatism, you ought first to give the Patient of the Princes Powder, a gr. iij. to x. in a little Conserve of Roses, at Night going to Bed, and to repeat the same the next Night: then letting two Nights be between, to repeat the same Doses for two Nights more; and again, letting two or three Nights be between, to repeat the same till eight Doses are taken: Secondly, to purge the Body with our Pilula Cathartica, which may be repeated four several times: Thirdly, to Bathe the Limbs Morning and Evening for ten days, with the Powers of Amber, and after that to apply the Ballam de Chili, so long till the Patient feels the Pain and Weakness to be perfectly gone: After this has been used fourteen or twenty days, apply over the Weak parts, Em-

plastrum Diapalmæ, which keep on as long as it will stick, renewing it two or three times.

15. **LAMPREYS** to Bake. Draw and split your Lampreys, take out the Strings in the Back, Flea them, and truss them round; then having parboild them, let them be season'd with Pepper, Nutmeg and Salt; place a laying of Butter at the bottom of the Pye, lay on the Lampreys with some sliced Onions, and covering it with Butter, close it up, and when it is baked, fill up the Pye with Clarified Butter.

16. * **LAMPREYS** the Italian way: The Italians Bake them in this manner, viz: The Skin being taken off, Season it with Nutmeg, Pepper, Salt, Cinnamon and Ginger; fill the Pye either with whole Lampreys, or those that are cut in convenient pieces, with the addition of Raisins, Currants, Prunes dried, cherries and Dates, and covering it over with Butter, close it up, and being Baked, Liqueur it with strained Almonds, Grapes, Raisins, Verjuice, Sugar, and Sweet Herbs small chopt, and boiled all together: Then serve it up with Juice of Oranges, White Wine, Cinnamon, and the Blood of the Lampreys: Let it, and serve it up pretty hot, or you may keep it cold, but not very long.

17. **LAMPREYS** in Pattypan Baked. Roast your Lamprey very tender, basting it with Butter, and being Roasted or Cold, put it into the Pan. Puff-Paste, being first Butter'd underneath, season it with Pepper, Nutmeg and Salt, Sweet Herbs shred, slice of Limon, Currants and Dates, and so close them up, and being Baked, Liqueur them with Butter and White Wine, or Sack and Sugar.

18. **LAND**

18. **LAND FOWL** Boiled the *French Way*. Take Green Pease, and put them into boiling Mutton broth, with some thin slices of Bacon; and being near boiled, put in some Parsley and bruised Aniseeds; strain some of the Pease, and thicken the Broth, add Pepper, Grated Cheese, Pease or Flower, and sometimes Saffron or Mint, as your Relish best suits, lay a few Sippets in the Dish, and pour this Broth on the Fowls, Garnish the Dish with Flowers, sliced Limon, and Spices, and serve it up. And thus you may order Sea-Fowl with Green Pease, or Lambs and Kids-Heads, only dridging them over with the Yolks of hard boiled Eggs.

19. **LAND-FOWL** to Carbonade. The Fowl being Roasted, cut them up, and sprinkle them with Salt; then Broil them, and make a Sauce with Vinegar, Butter, and the Juice of Oranges, Garnish'd with slices of Oranges or Limons.

20. **LANGUISHING** of the *Parrs*. Take half a pound of Liquorice bruised, Hinglass two ounces, White Sugar-Candy four ounces; Gelly of Calves-Fet two pound; Mace, Cinamon and Nutmeg, of each a quarter of an ounce, White Wine a Quart; boil them up to the thickness of a Gelly, and strain them through a Gelly-bag, eat of it both Morning and Evening, at least five or six Spoonfuls at a time.

21. * **LAPIS Medicamentalis**: Take Hungarian Vitriol one pound Salt of Nitre half a pound, Ceruss, Alum, Fine Bole, Sandiver, of each four ounces; Sal Armoniack two ounces; beat them all very carefully, and mix them with White-Wine Vinegar; Bake it

in an Earthen Pot, over a gentle Fire, till they become as hard as a Stone, and then preserve them for use.

22. * **LAPIS Medicamentofus**. Take Colcothar 2 ounces, Alum, fine Bole, Litharge, of each 4 ounces: mix, and put them into an unglaz'd Pot; upon which affuse the best White Wine Vinegar, so much as to over-top it two Fingers; cover it, and let it stand in Digestion 2 or 3 days: after which add Nitre 8 ounces, Sal Armoniack 4 ounces. Put all over a Fire, and evacuate the Moisture, and calcine the remaining Mass; which keep for use. When you use it, dissolve some of it in Water, and apply it: It is a fam'd Styp-tick, stops extream Bleeding, and cures simple Green Wounds upon the Spot.

23. * **LAPIS Mirabilis**: The Wonderful Stone. Take Roch-Alum 3 pounds, White Vitriol two pounds, Fine Bole, Litharge, of each half a pound: reduce each into a fine Powder: mix them, and put it into a glaz'd new Earthen Pot, adding fair Water 3 quarts: Boil all over a gentle Fire not smoaking, till all the Water is evaporated, and the Matter at bottom perfectly dry. Take it off the Fire, and let it cool, which will then be hard, and is to be kept in a wide Mouths Bottle close stopp'd from the Air, for use. When you use it, put half an ounce of this Stone (in fine Powder) into a small Glas Bottle, and put to it 4 ounces of Smiths Forge-Water, or of D. R. W. which in a little time will dissolve the Powder, and become as white as Milk, the Bottle being shak'd. This Wash will dry up an old Sore, and heal a simple Wound presently, and allay the heat, if inflam'd, being wash'd twice a day therewith, and

and a double Linnen Cloth dipt in it laid over the same. It is an excellent thing for the Eyes, they being wash'd therewith Morning and Evening: It abates Inflammations, stops Fluxions of Rheum into the Eyes, and also heals Sores or Ulcers therein. When the Water is gone, you may add the same quantity of Water to it again, because it is not necessary that it should be so strong towards the end of the Cure as at the beginning.

24. LARK-PYE: Take a dozen of Larks fresh and good, two Penny Manchets, one pound of Currans, a quarter of an ounce of Cinamon, one Nutmeg grated, a quarter of an ounce of Mace finely beaten, a quarter of a pint of D. R. W. three Eggs, and a little Salt; work all these together till they are very well mixed, and make the Mixture into Balls as big as Walnuts; put them into the Bellies of the Larks; and having plac'd them in order, put a pound of Butter and a Limon sliced over them, and half a pound of Citron, and Limon candied; and a quarter of an ounce of whole Mace; and when it is baked, put in Butter on the top of it, and serve it up.

25. * LARKS-HEELS. *Delphinium*. There are several sorts of them, both single and double; but the double upright is the only valuable Flower. It has jagged Leaves, tall upright Stalks, branched at top, and bearing many fine double Flowers like the *Rose Columbine*; some Purple, some Blew, some Ash colour'd, Rosey, Pale or White, in several Plants. And some Roots now and then produce Flowers striped and variegated with Blew and

White, &c. The Seeds succeed the Flowers in small hard Pods, which are black and round; and which being sown, will produce some single, but mostly double Flowers. The Roots in Winter perish; they flower sooner or later, according to the Time of Sowing, either in July or August. The usual time of Sowing is in the beginning of April; but to get good Seed, some may be sown as soon as ripe in Places which may be defended from long Frosts, &c. And one of those Winter Plants is worth 10 of those that are raised in the Spring.

26. LARK-SPURS or Heels. The Juice of the Flowers clear the Sight, and strengthen it; it is successfully used in Vulnerary Potions: the Decoction of the Flower in Wine, drank with a dram of Saffron infused into it, removes Obstructions.

27. LASKS: Take a dram of Rhubarb, Bawm, Mint, Pennyroyal, of each a pugil or little handful: boil them in Claret, or Red-wine, and drink of the Decoction two ounces at a time in the Morning fasting.

28. * LASKS: Another. This is much better. Take *Catechu*, *Jesuits-Bark*, *Crocus Martis Astringens*, of each an ounce: make all into a fine Powder. Dose one dram Morning and Evening in a Glass of Tent: But this is to be observed, that the Body be before hand cleansed by purging once or twice with *Sal. Mirabile*. Or you may after purging with the said Salt, stop the Flux by giving our Volatile Laudanum, or our Specifick Laudanum, every Night going to Bed, from 2 grains to 4 or 6, this will not fail of the desired end, if it be continued for some time.

29. * LAB-

29. * **LAUDANUM Catharticum Salmonianum:** Cathartick or Purging Laudanum. Take fine Aloes extracted with fair Water, and reduced to its Consistence, six pounds; Thebian Opium extracted with Juice of Limons, and reduced to its Consistency, one pound: Camphir reduced to fine Powder, with a small quantity of Spirit of Wine, Cloves, Ginger, Nutmegs, Winters Cinamon; of each in fine Powder six ounces: Chymical Oil of Wormwood rectified 8 ounces; mix, and with a sufficient quantity of Mithridate make a Mass for Pills. It universally eases all Pains, purges indeed less, but strengthens more, giving some few Stools, and loosens the Belly being bound. The Virtues of this Medicine to be admired, and never enough to be praised, are manifest: It is commended for corroborating the more noble Bowels, but above all things, for subduing and expelling corrupt and evil Humours, and its very sweetly purging of the Body; which it does by a very safe and pleasant Operation. It stops thin Catarrhs, and eases Coughs thence proceeding: It is a potent thing against the Gout, Jaundice, Rheumatism, Scurvy, Stone and Gravel in Reins and Bladder; it induces pleasant Sleep; and prevails against Tertian and Quartan Agues, being given some hours before the Fit. Dose from 8 Grains to 12 or 16 at Bed time, unless the Patients Body is easy to be wrought upon, and then rather in the Morning.

30. * **LAUDANUM Specificum Salmonianum:** Our Specifick Laudanum. Take Thebian Opium extracted with Juice of Limons, and reduced to its just Consistency, a pound

and half; Oil of Nutmegs by Expression a pound, Camphir, Bezoat Mineral, Cochinele, Cloves, Catechu, Jesuits Bark, Saffron, Winters Cinamon, Virginia Snake Root; of each in fine Powder 3 ounces: Anodyne Sulphur of the Vitriol of Mars six ounces: Chymical Oil of Wormwood rectified six ounces: Mix all, and with Mithridate a sufficient quantity bring it into a pretty stiff Mass for Pills; to which add gradually by beating in a Mortar rectified Oil of Sulphur or Vitriol 4 ounces; beat them so long till they are perfectly well mixed, and become as it were one Homogene Body: It comforts the Stomach, and is found by Experience to be admirable against all Weaknesses of the Stomach and Bowels; it stops Vomitings and Bleeding at Nose, spitting and pissing of Blood, and the overflowing of the Terms in Women. It stops Catarrhs, and other De fluxions of Humours to any Part: It comforts the Bowels and Internal Members. It is so much praised for its Effects against the Gout, Scurvy, Dropsy, Jaundice, Rheumatism, Fits of the Mother and other like Diseases of the Womb; as also all kinds of Fevers, whether continual or intermitting, or malign, that no Man can sufficiently set forth its Virtues. It is usually given in the Plague or Pestilence, and all Epidemick Diseases, Measles, Small-Pox, vehement Pains, in what part of the Body soever, and of what kind soever. It is prevalent against Coughs, Colds, Catarrhs, Asthma's, Phthisicks; as also the Stone or Gravel in Reins or Bladder: It cheers the Heart, revives the Spirits Natural, Vital and Animal, and fortifies Nature thro' the whole Body,

dy, and in all its Parts: It causes kind and pleasant Sleep, and is a Secret in curing a Gonorrhœa in Men, and the Whites in Women, Universals being premised. Dose a gr. ij ad iij or vi at Bed time.

31. * **LAUDANUM** *Volatile Salmonianum*, Our Volatile Laudanum. Take Thebian Opium extracted with Poppy Water, and reduced to a due Consistence for Pills, 2. pounds; Camphir a pound reduced into a fine Powder by Grinding it with Chymical Oils of Cinamon, Cloves, Nutmegs, Limons, Oranges, Pennyroyal, Rosemary, Sassafras, Savin, of each half an ounce; Chymical Oil of Wormwood 3 ounces; Extracts of Castoreum, Contrayerva, Lochinele, Saffron, Virginia Snake Root, Winters Cinamon, Zedoary reduced to a Mass for Pills, of each 3 Ounces; Volatile Salts of Amber, Sal Armoniack, Harts horn, Mans Skull, Tartar, and of Vipers, of each in fine powder one ounce: mix all well together, adding Bezoar Adipexal, Cochinele, Catechu, Myrrh, Amber, of each in fine powder 5 ounces; and with Venice Treacle a sufficient quantity, by well beating all in a Mortar, make a Mass for Pills. It has the Virtues of the most exalted Laudana, performing that almost Momentarily, which the others take some considerable time for. It presently gives Relief in all manner of pains in what part of the Body soever, because it absorbs Acidity, and sweetens the Blood and all the other Juices; it eates the Cholick, and the most extrem pains of the Head and Teeth, cures the Gout, Jaundice, Sciatica and Rheumatism, prevails against Vapors and Hysterick Fits, as also against Gravel, Sand and Tartarous Mucilage in the Rejus and Bladder. It stops the most violent Coughs, and cures in a

short time, stops and Cures Catarrhs, and all Fluxions of Rheum into the Eyes, Ears, Teeth, Nose, Mouth, and Throat, to Tumors, Wounds, Ulcers or Fistula's, in what place of the Body so ever. It cures all manner of Fluxes of the Bowels, as Diarrhœa's, Enteria's, Dysenteria's, or Bloody Fluxes, and the Hepatick Flux, as also all Fluxes of Blood where-soever, as Bleeding at Nose, Spitting and Vomiting Blood, Pissing Blood, Bleeding of the Hemorrhoids, and the Overflowing of the Terms in Women, and violent Flux of the Loches. Dose from 1 Grain to 2, 4 or 6, as occasion requires, beginning with a small Dose first, and increasing it gradually to the higher Dose, and is to be given every Night at Bedtime, because it induces Sleep.

32. LAXATION of Parts:

You must spread *Emplastrum Divinum* upon soft Leather, and apply it to Strengthen the Part Weakned by the Laxation.

33. **LEACH to make:** Take a quarter of a pound of the best Jordan Almonds, blanch them, steep them in Water ten hours or more; pound them in a Marble Mortar very small, put them into a Pipkin or Skillet, with a quart of Milk over the Fire, and let them boil half an Hour, but continually stir it, for otherwise it may burn to; strain out your Milk into another Skillet, thro' a Hair Strainer: put to it one Ounce of Ising-Glass, that had before been steeped 2 or 3 hours in Milk, and withal a good quantity of Cinamon, with some large Mace and Nutmeg quartered; also a pound of fine white Sugar of Musk and Ambergrise both together one Grain; then set it a

gain

gain on the Fire, and stir it continually till you take it off; when it is enough, put to it some Rose-Water, and dish it up in a Bason.

34. * **LEEKs.** They are raised from Seed as Onions are, and Sown about the same time. They are Planted about *August*, in very Fat Rich Ground, for which deep holes are made with a *Setting Stick*, but not filled with Earth; the same being Water'd once in two days with Water, enriched with fat Dung, which will make them large and white. The best for Seed, are Planted in the same manner as Onions, and the Seed bearing Stalks of both must be supported by being tyed to Sticks, otherwise they will lean or fall to the Ground. By reason of their sweet and mild Nature, they are much used in Porrage, which Name came from the Latine *Porrum*, a *Leek*. Tho' now, from our Folly in imitating the *French Language*, we call it *Pottage*, a Vanity our Nation has been too much guilty of. They are very great Stomaticks, and very Nourishing, and therefore good to restore such as are falling into a Consumption; by reason they open all Obstructions of the *Viscera*, warm and comfort the Stomach, and restore the Tone, and strengthens all the rest of the Bowels.

35. * **LEG of MUTTON** like *Westphalia Ham*. Cut the Leg into the Shape of a *Westphalia Ham*, and make the Pickle of two parts Salt Peter, and one of Bay Salt; (to which some add Sugar.) Let it lye in Pickle 3 Weeks, after which take it out, and hang it in a Smoaky Chimney, as you do Bacon, and lay it under a Wisp

of Hay, which you must set on Fire to smoak the Leg with: When it is dried, and you intend to boil it, put it into a great Kettle, with a good deal of Hay, having some Hay-seeds in a Bag, in the Kettle. It may be eaten hot with Fowls, or cold like *Westphalia Ham*, as you please.

36. **LEG of Veal Souc'd.** Bone it, and Lard it, but first season the Lard with Pepper, Cloves and Mace, and the Veal with the same, and a little Salt, and strew minced Sweet-Herbs over it; roul it up like a Collar of Brawn; boil it or stew it in an Oven with Water, Salt, and White-Wine; serve it in a Collar whole or sliced, or fill it with Butter, the Liquor being put away, or bake it with Butter in a Roul.

37. **LEGS Ulcerated:** To cure this, Take a quart of Spring Water, four ounces of White Bread; add to it two ounces of Sheeps-Suet cut very small; and having boiled it a little, add an ounce of Rosin finely powder'd, and a quarter of an ounce of Flowers of Sulphur. Spread them well mixed and tempered, on Cloth or Leather, and lay it to the Part Grieved, and it will give sudden ease, and in time work a Cure.

38. * **LEGS Ulcerated**, another. If the Ulcer is inveterate or old, tho' it is of many Years standing. it will be infallibly Cured, if you first wash it with Limon-Juice two or three times; then wash it with the Water of the Griffin, washing it several times a day, and laying Linnen Rags upon it, dipt in the same, often wetting them with the Water as they lye upon the Ulcer. Or you may first dress it with Unguentum Fuscum Wurtzj, till it is perfectly cleansed, and then heal it off, by

daily washing it with the Water of the Griffin. Lastly to Skin the Sore, strew over the Ulcer this Powder: Take Catechu, Olibanum in fine Powder, of each half an ounce; Rosin one ounce, White Starch two ounces; mix them.

39. * **LENTILS.** They are the least of all Pulses, and require but an ordinary Ground to be planted in; and tho' but few of them are sown in an Acre, yet they produce an incredible quantity; and tho' they seem also but small in Bulk, and lye in a little room in the Cart, yet their Increase is admirable: They are a very good and sweet Fodder, and to be preferr'd before any for Calves, or any other young Cattel, and are the cheapest Food for Pigeons, especially such as are tame, and fed by hand.

40. * **LENT PUDDING.** Take sweet Cream a pint, boil it a little with a Blade or two of Mace, slice a Manchet into it when off the Fire, and put into a Pan, grate in one Nutmeg, season with a little Salt, and 4 Spoonfuls of Sugar; add four Yolks, and two Whites of Eggs, a handful of Raisins of the Sun stoned and slit: Stir all together with a piece of Butter in it. Then take a Linnen Cloth, (being first wet in cold Water, or Milk) and rubb'd with Butter on its inside; strew it with Flower, and put the Pudding into it; which being tyed up close, boil it, and serve it up with melted Butter, Sugar, &c.

41. **LEPROSIE:** Take crude Antimony well chosen and powder'd, about one, two or three scruples, Morning and Evening, according to your Age and Strength, in a spoonful of the

Syrup of Clovegillflowers, or Elder-Berries: This if need require, may be continued four or five Months; so that if the first Dose prove beneficial, in cases not urgent, a scruple or half a dram may serve, nor need it be continued for so long a time.

42. * **LEPROSIE:** Inwardly the Patient may take a Solution of Hungarian Vitriol, or Vitriol of Mars, in Wine thus: Take good Vitriol in fine Powder, a pound and half, choice White Port Wine 19 or 20 Gallons: mix and dissolve: Of this half a Pint well sweetned with White Sugar, may be drunk Morning and Night, if the Stomach of the Patient can bear it, otherwise but once a day: This quantity is full enough of inward Medicines to do the Cure.

43. **LEPROSIE, a Specifick:** Take one Ounce of Pomatum, the Flowers of Sulphur a Dram, Sal Prunella half an ounce; mix them very well into an Ointment, and with it anoint the part afflicted.

44. * **LEPROSIE:** For an outward Application, there is scarce any thing of vulgar use, equal to the Water of the Griffin, washing with it three, four, or five times a day: If after twenty or thirty days tryal, it is found not to be strong enough, you may anoint with this Ointment. Take Sheeps-Suet a pound, Oil Olive a pound and half, Flowers of Sulphur eight ounces, White Precipitate five ounces, mix them, and anoint therewith twice a day. But because this is Greasy, and not so fit for Ladies use, we commend the following Wash, which will not fail (by constant using of it) of doing the Cure. Take Damask Rose-water a Gallon, Powers of Mercury eight ounces: mix them, and keep the mixture for use.

45. * **LET**

45. * LETTICES. They are the most common and useful Plant in the Kitchen-Garden; they are multiply'd by Seed, are sown in the Spring and Seed in July. There are many kinds of them, and several sorts according to the differing Seasons. For those which grow well in the Spring will not in the Summer; and those which prosper in Autumn and Winter come to nothing in Spring and Summer. 1. The Cabbage Lettice comes to perfection with the ordinary Culture, which some others will not, but must be tyed to make them grow white or yellow, round and hard, without which they would be neither sweet, good nor tender, such as the Roman Lettice, &c. 2. The Shell Lettice, so called from the roundness of its Leaf, almost like a Shell. This is the first Lettice which will Cabbage at the going out of Winter, and is called Winter Lettice, because it can well endure ordinary Frosts: It is sown in September and in October, and November is transplanted into some Wall Border towards the South and East, or else sown in hot Beds under Bells in February and March, and are good to eat in April and May. 3. Red Lettices, which prosper well in light Grounds, and are succeeded by Bright curl'd Lettices, which usually Cabbage, and do well also upon hot Beds. 4. George Lettices, which are thicker and less curl'd, and another of the same sort, but lesser, called the Minion, which is the least sort; both which require good black Sandy Ground. 5. The Curl'd Green Lettice, which comes in about the same time. 6. The short Lettices, which have small Heads, and re-

quire the same Ground. 7. The Royal Bell Gards, or Fair Looks, which are hurt by much or frequent Rains. 8. Imperial Lettices, so called from their size, being delicate in Taste, but are apt to run up to Seed. As the Cabbage Lettices are the most concern'd as to Salleting, so they have an Inconveniency which befalls them, 1. That they often degenerate so far, as to Cabbage no more: And therefore no Seed should be gather'd but from such as do Cabbage well. 2. That as soon as they do Cabbage, they should be spent, unless you would have them run up to Seed without doing you any Service. 3. That the Rot, which begins at the end of their Leaves, sometimes seizes them, which is when the Ground or Season is not favourable to them; as to the Ground it may be amended with small Dung, or a Sandy, or Cold Gross Earth. The larger Lettices ought to be planted a Foot asunder; and those which bear Heads of a middle Size, 7 or 8 Inches will do. Such as would be good Husbands may sow Radishes in their Lettice Beds, for they will be all drawn out and spent before the Cabbage Lettice comes on, nor does that Pabulum which nourishes the Radish nourish the Lettice. Lettices are easy of Digestion, and in Goodness exceed all other Herbs, because they make easy, satiate, nourish, breed Milk in Nurses, allay the heat of the Stomach and other Bowels, suppress Fevers, and induce Sleep.

46. LETTICES: They are cooling to the Stomach, qualify Choler and Heat, dispose to Rest, and encrease Milk: they yield

good Nourishment. In Paresies, Madnes, and Burning Fevers, &c. let them be applied to the Temples, and the Coronal Suture, and Wrists; but it is better to dip double Rags in Lettice-water wherein Sal Prunellæ has been dissolved; viz. half an ounce to half a pint of the Water.

47. **LETTICE-STALKS** to Candy: Boil them tender in Water; and having boiled up your Sugar to a Candy, put them into it; let them boil therein, and take them out, and lay them a drying in a warm place; and so put them up in Boxes as a Sweetmeat, which much cools and moistens the Mouth. Being eaten when going to rest, they cause gentle Slumbers. In this manner you may Candy Fenel-stalks, or any kind of Flower that is not extraordinary tender.

48. **LETTICE-WATER**: It is an exceeding Cooling Drink; allays the Heat and Disturbances of the Brain occasioned by hot Vapours, and disposes to Sleep. Eating the Herb boiled or raw, it qualifies the Heat of the Stomach, also the Effects of Cholera, and encreases Milk in Women, yielding good Nourishment; yet it ought not to be eaten too excessively: Being applied Pultice-wise to the Coronal Suture and Temples, and also the Wrists bound about with double Raggs dropp'd in Lettice-water, wherein Sal Prunellæ has been dissolved, viz. Half an ounce of the Salt to a pint of the Water, it proves exceeding helpful in Frenzies, Madnes, burning Fevers, and such like Distempers, occasioned by violent Heats, or Fermentations.

49. **LICE to Kill**: Take Hogslard, Quicksilver, Juice of Sage, as much of each as is needful, and mix them together to a Salve, and anoint the afflicted part.

50. **CRAB-LICE**: Take a roasted Apple, and take the Skin and Core from it, and beat in a Mortar, with as much Quicksilver as will make it into an Ointment, and therewith dres the afflicted place.

51. **LICE in Poultry**. Take Pepper beaten small, mixing it with warm Water, wash your Poultry therein, and it will kill all sorts of Vermin.

52. **LIGNUM Moluccense**: This Wood is brought from the Molucca Islands in the East-Indies. It is a great Causer of Sleep. Taken inwardly or outwardly, it expels hot Poisons, being Rasped and boiled in White Wine. It likewise remedies the Biting of any Venomous Creature. Ten Grains of the Pouder of it being taken in Rose-Water, cures Wounds made by poisoned Arrows; yet half a Scruple of it is a Dose for the strongest Man. When it is used for Purging, the Party that takes it, must abstain from much Eating: It purges Humours in General, but more particularly, gross, clammy, and Melancholy Humours. It is good for Quotidian Agues, and continual Fevers, for the Illiac Passion, Wind-Colick, Dropsie, and Gravel; for difficulty of making Urine, Pain of the Joints, a Scirrhus, and the Kings-Evil. It kills all sorts of Worms, and restores lost Appetite. Some use it against inveterate Head-aches, and the Noises in the Head. The Indians keep it for choice, that they will scarce let

a Stranger see it, tho' the greatest use they know of it, is to catch Birds withal, by boiling it with Rice; and when the Birds have eaten of the Rice boiled with it, they fall down in a Sleep; and if they eat too much they die. And if in taking of it, it works too much, let the Party take a little of the Decoction of Rice, and it will qualifie it.

53. **LILLY of the Vallies:** The Flowers and Leaves of this are held exceeding good for the Apoplexy, Falling-sickness, Palsie, Giddiness, and other Cold Diseases of the Brain. Take of the Conserve of these Lillies, six ounces; of the Powder of Male Peony half an ounce, Mans Skull prepared in powder three drams; the Seeds and Flowers of Male Peony dried and powdered, of each two drams, Red Coral prepared, Pearl and white Amber, of each a dram; Salt of Coral four scruples, Syrup of the Flowers of Male-Peony, a sufficient quantity, to make it into an Electuary. Take of this two Drams, Morning and Evening, against any of the before-mentioned Distempers, but especially in Fits of the Apoplexy, &c.

54. **LILLY-WATER:** This is Distilled from White Garden-Lillies in a Cold Still as you do Roses and other Simples. It is given with success to Women that have hard Labour, and to expel the After-birth. The Roots of these Lillies are admirable in Cataplasms, to assuage Pains, and ripen Tumors: The Oil extracted from them, has not only the same, but a more powerful Virtue. We find in several Noted Authors, that they have mainly contributed to the Cure of divers troubled with the Dropsie, viz.

The Juice mixed with Barley-Flower, and made into Bread, and eaten with their usual Diet, Thirty or Forty Days together.

55. **LIMBS to Comfort:** Apply to the Part grieved, a Plaster of *Oxyrocenum*, made in this manner: Take two ounces and a half of Saffron, Ship-Pitch, Colophony, and yellow Wax, of each four ounces; Galbanum, Turpentine and Ammoniacum, Myrrh, Olibanum and Mastick, of each one ounce and three drams; to the melted Wax, add the Pitch cleansed from the Dross, next to that the Colophony: These being melted, take them from the Fire and let them cool a little; then add the Ammoniacum and Galbanum dissolved in Vinegar apart, and strained and boiled to the Consumption of the Vinegar, and mixed with the Turpentine; sprinkle in the Olibanum, Myrrh and Mastick, in very fine powder; and at last the Saffron finely powdered and well mixed, and make a Plaster.

This comforts and strengthens the Limbs, and is an excellent Emollient for Aches, and to dissolves cold Tumors, or any cold Humours settled in the Joints, or afflicting the Nerves and Sinews, and consequently a very good Gout-Plaster.

56. **LIMBS, a Strengthening Plaster.** Take Red Lead powdered, one pound, Cerusse prepared half a pound, Soap ten ounces, common Olive Oil a Quart, Rose-water nine ounces; boil them according to Art, till they become thick enough to spread as a Plaster.

This is very highly commended for strengthening the Ligaments, and the Matrix; being spread upon a round piece of Leather, and applied; it also strengthens the Backs of Women near Travel, and eases the pains

that frequently afflict them on that account. It is also a famous thing; and a Specifick in the Gout, which it eases and cures to a Miracle.

57. LIME-TREE: The Leaves and Bark of this Tree repel, dry and provoke Urine: A Mucilage made of the Bark, is good in Burns and Wounds. The Leaves bruised and sprinkled with Water, discuss Swellings in the Feet. The Flowers are Cephalick, and of a very Fragrant Scent. The Distilled Water is much in esteem for the Apoplexy, Falling-Sickness and Giddiness; the Dose being from an ounce to an ounce and a half. It is likewise a great Beautifier of the Face; and drank with Water of Camomile, it cures the Gripes. The Berries dried till reduced to Powder, are much commended for the Bloody-Flux, and other Fluxes of the Belly. Being mixed with Vinegar, and put up the Nostrils, the Bleeding at the Nose is staid.

58. * LIME-WATER to make: Take a pound of clean quick Lime, slack it in a Gallon of warm Water, and let it stand till all that will subside be settled to the bottom; and separation being made, the Water will swim clear at top, at which time it will often happen, that a kind of thin and brittle substance, almost like Ice, will cover the surface of the Liquor: As soon as the Water is thus impregnated, delay not to pour it off warily, and keep it well stopped. This is useful on divers occasions, as to wash sores, ease Pains and Aches, cure the Tooth-ach, the Mouth being washed with it and a little Honey.

59. * LIME-WATER for Consumptions. If it be designed for Consumptions, or Obstructions, it must be made thus: Take a Gallon of Lime-Water made as the former, infuse in it cold Sassafras, Liquorice and Aniseeds, of each an ounce; adding thereto half a pound of Currants, or the like quantity of Raisins of the Sun stoned. The Dose of this Compound Lime-Water, is from four or five ounces, and may be taken twice a Day.

60. LIMONADE: Scrape Limon-peel as much as you think fit into Water and Sugar, and add a few drops of the Oil of Sulphur, with some slices of Limon, observing always to put half a pound of Sugar to a pint of Water. This is very wholesome for the Stomach, creates Appetite, and good Digestion, and is a very pleasant cooling Liquor: And in case of the Distemper called *Furor Uterinus*, Take the Feathers of a Partridge, burn them for a considerable time under the Party's Nose, so that the Fume may ascend the Nostrils, and drink a quarter of a pint of this Limonade after it.

61. * LIMONADE with Lime-Juice. The true way of making Limonade, is with Lime-Juice, thus: Take Spring Water 2 or 3 quarts, Lime-Juice a pint, or near upon, Double Refined Sugar a pound, or a pound and half, according as you love it in sweetness: mix and dissolve the Sugar, and it is done.

62. LIMONS: They are very Cooling; the Juice of them is taken with Success in all hot Diseases: it likewise, (if mixed with a little unslack'd Lime) cureth the Itch, cleanseth Spots, and destroyeth Worms in the outward part of the Body, in the Nose,

or

or parts of the Face, Nose, &c. where they many times appear with their black Heads, even with the Skin like grains of Gunpowder: their Juice only, takes away Pimples, and Redness in the Face; and if made into a Syrup with fine Sugar, it kills Worms in the Belly: It is given with Success in all Fevers. If you steep Pearl in this Juice a considerable time, they will dissolve, or become as soft as Wax.

63. * LIMONS and Oranges to keep all the Year. Take small Sand, and dry it very well; and when cold, put a quantity of it into a clean Vessel. Make a Layer of Sand, and then a Layer of Limons or Oranges, the Stalk end downwards, but so as they touch not one another: Cover them with Sand 2 or 3 Inches deep; upon which place another Layer of Fruit, and cover them with Sand in like manner: Thus continue to do till your Vessel is full, which then put in a cold Place.

64. * LIMON and Orange Salts. Take Limons or Oranges, pare them, cut them in the middle, squeeze out all their Juice, cut them in round pieces not too thick; lay them in Water, which boil in running Water till they are tender: take them up, lay them on a clean Cloth to drain; take out the Pith from them; make a Syrup of good Wine Vinegar, or Lime-juice a pint, and D. L. S. a pound and half, into which put the Oranges and Limons: Boil them two or three Walms in the Syrup, and take them up; put them into a Glass, and when cold, put the Syrup to them, so much in proportion as to moisten them well for eating.

65. * LIMON-CAKES. Take D. L. S. half a pound, Juice of Limons 2 ounces, D. R. W. two ounces: Boil them up till all becomes like Sugar: grate into it the Rind of hard Limons; which being well incorporated, put it up for use in small flat Glasses or Pots; and when cold, cover them with Paper, and keep them for occasional Uses.

66. LIMON-CAKES: Grate off the outside Rind of two large Limons after they have been wiped very clean; boil half a pound of the best D. L. S. to a Candy-height; take it off the Fire, and add to it as much of the grated Limon as half of an Egg-shell full, or more, and some of the Juice if you like it; then drop them on Paper or Glasses, and when they are cold take them off. Add Musk or Ambergrise if you please.

67. * LIMON-CREAM. Take 4 fair large Limons, pare them very thin, and shred them very small; put the Peels into a Silver Cup, and squeeze all the Juice of the Limons to the Peel, cover it, and let it stand two hours, stirring it now and then. Put thereto 3 quarters of a pint of fair Water, 8 Spoonfuls of D. R. W. or Orange-Flower Water; 10 ounces of D. L. S. seven Whites of Eggs, and three Yolks very well beaten together; strain all thro' a Canvass Strainer, and boil it till it is thick, stirring it while it is boiling. Orange-Cream is made after the same way, putting in only a small Matter of the Peel, and a Yolk or two of Eggs more.

68. LIMON-CREAM: Boil a quart of sweet Cream, with a bit of Limon-peel, put in the Juice

Juice of two or three Limons, let it stand on the Fire till it curdles, and hang it in a Cloth till next day; then beat 30 or 40 Almonds blanched, beat them very fine with a Spoonful of Orange Flower or *D. R. W.* mingle them with your hang'd Cream, sweeten it well, put it into your Cream Dish and serve it.

69. **LIMON-PASTE:** Take Limons that have plump and well-coloured Rinds, put them into Water, and in the boiling, shift them six times, till they are tender: the first Water being season'd with a handful of Salt; put them into a Wooden Vessel, but be sure not into any of Metals; beat them into a Pulp with a Wooden Rouling-pin or Pestle, and strain them with very hard wringing thro' a course Linnen Cloth; then take somewhat more than what they weigh, in fine Sugar, and boil up what you have squeez'd out of your Limons with it to almost a Candy-height; take it out, spread it pretty thin upon Plates, dry it in a gentle Oven or Stove, turn it, and cut it out into what Form you please.

70. **LIMONS to Pickle:** First boil them in Water and Salt, and then put them into a Vessel fill'd up with White-wine.

71. **LIMONS to Preserve:** Pare them very thin, grate off their Tops, cut a little hole where the Stalk grows, and pick out all the Seeds, boil them in three several Waters till they be very tender; let the Waters boil before you put the Limons in. To two Limons take a pound of double refined Sugar, and to every pound of Sugar, half a pint of Water; boil your Syrup and

scum it, put in your Limons, let them boil apace till they are very clear, and squeeze in the Juice of a Limon, let that boil but a little, put them in Pots or Glasses, when cool pour the Syrup upon them.

72. * **LIMON-WATER.**

Take 30 Limons, pare them thin, and put the Peels into Canary, choice Brandy, of each 3 quarts, infusing for a Week or more. Out of the Limons squeeze the Juice, and passing it thro' a straining Cloth, or rather filtering it through brown Paper, make a Syrup of it with *D. L. S.* and an equal quantity to the Juice of *D. R. W.* Distil the Wine in *B l*neo to driness; which mix with the former Syrup, and keep it close stop'd for use, as a most excellent Cordial.

73. **LINIMENTS for Hemorrhoids:** Take of the Flowers of Sulphur two drams, Oil of Eggs half an ounce, Oil of Roses one ounce, mix them for use. Or,

Take of the Oil of Linseed, the Pulp of an Onion well Baked, or Roasted in Embers, of each two ounces; White Wax half an ounce, of these make a Liniment. Or,

Take Hog-Lice and mash them, the Ointment of Poplar, of each an ounce; Extract of Opium half a dram: mix them, and make them up into a Liniment. All these are very proper to assuage the Swelling and Pains of the Hemorrhoids, and other violent hot Swellings, occasioned by Infectious Humors.

74. * **LINIMENT for the Piles.** The Piles or Hemorrhoids are cured with this Liniment, if broken. Take Mercurius Dulcis in fine Powder, or White Precipitate an ounce, Flowers of Sulphur an ounce and half; Sac-

Saccharum Saturni, two ounces ;
Oil of Bitter Almonds eight ounces ;
Sheeps Suet four ounces. Melt and
mix, and anoint therewith twice a
day, or oftner. If they are not bro-
ken, this is one of the best things
in the World. Take Oil of Ben
an ounce, Oil of Amber an ounce ;
mix them, and anoint therewith three
or four times a day.

75. LINIMENT to prevent
Scars of the Small Pox : Take Li-
tharge of Gold prepared, and
well washed in Rose-water one
ounce ; Oils of the four great-
er Cold Seeds, of Bitter Al-
monds and Eggs, of each half an
ounce ; Nightshade and Plantane-
Water, as much as is sufficient.

This is a more Excellent Medicine
for the same purpose. Take Oil of
Ben, White Sperma Geti, Saccha-
rum Saturni, of each two ounces :
mix and make an Ointment or Lini-
ment, with which anoint ; then lay
over it Emplastrum Diapalma,
spread upon Linnen Cloth ; but this
Emplaster is not to be laid on till all
the Scabs are fallen off.

This Liniment is a great Resto-
rer of Beauty.

76. LINIMENT for the
Sciatica : Take three new Whelp-
ed Puppies, Earth Worms one
pound, Leaves of Rosemary, Lau-
rel, Lavender, Mother of Thyme
and John's-Wort, of each a hand-
ful ; boil them in common Oil
and Red Wine, then strain and
press them strongly out, and to
the Liquor add of yellow Wax
and Goose Grease, of each ten
ounces.

77. * Or thus : Take Sheeps-
suet, Oil Olive, of each a pound ;
Chymical Oils of Amber, Aniseeds,
Carraways, Juniper-berries, Laven-
der and Limons, of each an ounce and
half ; Oil of Turpentine seven ounces ;

Turpentine 8 ounces : mix and make
an Ointment or Liniment.

This Liniment is much praised
and commended for its excellent
Virtue, in easing the Pains of the
Sciatica, and all sorts of Rheuma-
tisms and Gouts.

78. LINIMENT for Tettars :
Take White Precipitate, and
green Vitriol, of each one ounce,
Verdigrise and Borax, of each
two drams ; Juice of Red Dock
two ounces, Hogs-Grease eight
ounces, pressed Oil of Henbane
Seeds one ounce, mix them.

79. * LINIMENT to Cure
Tettars, Ring-Worms, or any other
Sores. To wash with the Water
of the Griffin, cures Ring-Worms
and Tettars infallibly ; so also
this Mixture, Take fair Water
eight ounces ; Powers of Mercury
one ounce, Salt of Tartar a
Dram ; mix them, with which
you may wash three or four
times a day. This Ointment is
likewise very good for the same
purposes : Take White Precipitate,
Cinnabar finely ground, of each
one ounce ; Flowers of Sulphur
three ounces ; Oil Olive six oun-
ces, mix'd with Oil of Tartar per
deliquium, one ounce, Turpentine
three ounces, mix them well to-
gether.

80. LINIMENT to stay
Vomiting : Take of the Oil of
Ben, Queen of Hungary's Water,
of each half an ounce, Oil of
Mint 2 drams, Distilled Oil of
Wormwood one dram, select
Mastich finely pondered four
drams, mix them, and make a
Liniment.

This being anointed hot on the
Stomach, immediately stays Vo-
miting, and eases the Defects of
the Stomach, removing the cau-
ses that force Violent Vomiting
and Straining.

81. **LINKS to Make :** Take the Fillet of a Leg of Pork, and fhred it, feason the Meat with Mace, Cloves and Pepper finely beaten ; mince a handful of Sage, mix it with a handful of Salt, and put it to them ; hang the Guts in the Airtill the Moisture is a little taken out of them, then fill them, and hang them up a drying again ; and when you spend them, Boil, Fry, or Roast them as you please : They also make a good Dish, stewed with divers kinds of Mear.

82. **L I P S** *Chap'd :* Take Mutton-suet six ounces, White Wax three ounces ; Oil of Ben, or of Sweet Almonds, nine ounces : mix and make an Ointment, and with it anoint the Lips : *Or for want of these,* Take Litharge of Silver, two drams beaten fine ; and then with Wax, Honey, and Oil-Olive, make them into an Ointment over a gentle Fire ; and having rubbed your Lips over with your Tongue to supple them, put this Ointment on a Linnen Rag, and lay it on your Lips when you go to Bed, and in the Morning you will find them reduced to a smoothness, or at least in twice applying it. This may serve for the Hands, Arms, Knees, or any other parts appertaining to the Body.

83. * **L I P S, Nose, Nipples of Womens Breasts,** &c. *thus :* Take Sheeps-Suet, White-Wax, of each three ounces, Oil of Ben four ounces ; *Saccharum Saturni*, pure white *Sperma Ceti*, of each two ounces ; mix and make an Ointment. It will not fail to cure Chaps on the Lips, Nose, Nipples of Womens Breasts, Hand, Finger or Fundament : It is also an excellent thing against the Piles, whether whole or broken.

84. **LIQUID Amber :** This is a Liquid Rosin, and is much used in Physick : It heats and strengthens, resolves, and is Anodyne ; it comforts the Brain, the Head being anointed with it : It cures all sorts of pains proceeding from cold causes. It provokes Appetite, strengthens the Stomach, and helps Concoction. It likewise give Gloves a very Fragrant Scent. It resolves Tumours, and opens Obstructions of the Womb, asswaging the Tumours of it. It is good to provoke the Courses.

85. **LIQUORICE.** It is astringent, cleansing, and allays the bitterness of Humours, and therefore is very good for the heat of Urine, being chewed especially whilst it's green or fresh ; it allayeth Hunger and Thirst, and retaineth that Virtue many Days : The inspissate Juice of it held in the Mouth, and there suffered to melt, hath the same Effect. It is good for the Brest and Lungs ; and is therefore successfully given to those that are short-winded, and breath with much difficulty, or such as are in Consumptions, or Pleurisies. The Juice asswages prickings, not only of the Arteries of the Lungs, but the Bladder also, and does excellently relieve Thirst, as being moist and colder than our Nature. It is to be noted that the Root, in which consist all these properties, is much better being fresh taken out of the Ground, than when dry ; and is exceeding more pleasant in the Taste than when used in Medicines.

86. * **LIQUORICE - CAKES.** Take fine Liquorice Poulder, a pound, *D. R. W.* 2 quarts, choice Brandy a pint, Cloves in fine powder

Powder an ounce, Nutmegs in fine Powder 3 ounces; digest close stopt in a gentle Sand Heat for a Week; brown Sugar - Candy four pounds, or more: boil to a Candy height. Take a little up upon a Spoon, beat or stir it with a Knife till it is cold; if stiff enough, beat it in a Mortar, and then take some D. L. S. in fine Powder, and with the same rowl it up into little Cakes.

87. * **LIQUORICE** Electuary. Take fine Powder of Liquorice a pound, Ginger in fine Powder half a pound, Flowers of Sulphur 4 ounces, Cochinele in fine Powder, Madder in fine Powder; of each two ounces, Pepper in fine Powder one ounce: mix them together; make all into an Electuary with Clarified Honey 4 Pounds, and a pound of the best Oil of Nutmegs or Mace by Expression. Mix them well over a very gentle Fire, or heat of a Bath, and keep the Electuary for use. It cures all sorts of Asthmas, Colds, Coughs, Catarrhs, Phthisicks, and other Disaffections of the Brest and Lungs, almost to a Miracle; and restores such as are going into Consumptions, and have no Appetite to Food. It eases the pain of the Stomach; gives present Relief in the Colick, and powerfully expels Wind.

88. * **LIQUOR** of the Griffin. Take Corrosive sublimate four ounces, powder it and dissolve it in two gallons of Boiling Water; then precipitate with Oil of Tartar per deliquium six ounces; or rather with Salt of Tartar four ounces, dissolved in a quart of Fair Water; let the Orange Tawney precipitate settle; and decant the clear Water, which is the Water of the Griffin. See Pharm. Londinen. lib. 3. cap. 7. sect. 31.

89. **LIQUOR** for Ulcers: Take the green Bark of Oak, bruise it well, and upon it pour good Lime-water, which before you are directed to make, and let the Infusion continue till the Liquor has acquired a deep Tincture, and with this wash any Ulcers or old Sores, Bruises, or Wounds, if need require it, twice a Day.

90. * **LIQUOR** or Wash for Old Ulcers: For any old Ulcer, I commend the Liquor or Water of the Griffin as a most famous thing: I have cured Ulcers in the Legs and Feet, (the most depending parts of the whole Body) beyond all expectation, even after 12, 16, 20, yea 30 Years being sore, and after all other means they could meet with in all that time, had been tryed in vain: In these Cases I commonly wash the Ulcer two or three times with Lime-Juice, or for want of it, with Juice of Limons, then wash it with the Water of the Griffin, and lay Linnen-Cloths eight or ten times double dipt in the same; and as the Cloth dries, keep it moist with the Liquor all the day long: By following this course, I have in a few days restored my Patient to Health, and have performed hundreds of Cures with this Medicine, after this manner.

91. **LIVERWORT**: This is an excellent Herb for removing the Obstructions of the Liver, and stoppages in the Bladder and Ureters, by drinking the Decoction of it in White Wine. It is helpful likewise in the Jaundice; and by outward Bathings, it cures the Itch and Gonorrhoea, and the bruised Herb applied, stops the Blood in Wounds.

92. **LIVER** Cooled: Take two gallons of Whey new made, and boil therein Fennel-roots a pound and half, their Piths taken out; bruise

bruise the Roots, with Senna, Borage, Bugloss, Violet Leaves, Endive, Sorrel, Agrimony, Scurvygrass, Watercresses, and Cinquefoil, of each a handful; Liquorice six drams, Fennel-seed an ounce; Cloves, Mace, Cinamon, and Juniper-Berries, of each two drams: Boil these in the Whey till one half be consumed, then strain out the Liquid part into an earthen Vessel; being cool, bottle it up, and drink it as you find occasion. It sweetens the Blood and Humours, opens Obstructions, fortifies the Stomach, and helps digestion.

93. **LIVER Obstructed.** Take Lavender-Cotton, when flower'd a handful; boil it in a pint of White-wine, sweeten it with White Sugar-Candy, and drink a quarter of a pint of the Decoction Morning and Evening, as hot as may be. It likewise removes Obstructions in the Kidnies and Ureters, is helpful in the Jaundice, and kills Worms.

The Leaves and Flowers are also good to lay among Cloaths, not only to give them a good Scent, but to preserve them from sustaining any injury by Moths and Worms.

94. * **LIVER Obstructed and Green-sickness.** For Obstructions of the Liver and Spleen, Cachexia and Greensickness in Virgins, there is nothing equal to our Pulvis Cachecticus, which may be given a dram at a time Morning and Evening for 14, 16, or 20 days. It many times cures in a fortnights time, and sometimes in less. I have cured Virgins afflicted with the Greensickness, for two or three Years together, and given over as incurable by Physicians, by the only use of this Medicine: for which Disease alone, it is worth its weight in Gold. You may see how to make

it in our Pharmacopœia Chirurgica, in our Ars Chirurgica, where you shall find much Satisfaction, and following in this Book.

95. **LIVER-PUDDING.** Boil a Hog's-Liver very dry, and being cold, grate it, taking as much grated Manchet as Liver, sift them through a fine Sieve or Cullender; season them with beaten Cloves, Mace, Cinamon and Nutmeg; you may, if you please, put in a little Ginger, but no Pepper: Take half a pound of Sugar, and a pound and half of Currants, half a pint of D.R.W., and three pound of Beef-suet, eight Yolks of Eggs, and but four Whites: mix all well together; and put it into the great Guts of a Hog clean washed, and beware of breaking them in boiling.

96. **LOBSTER Boil'd:** Being boil'd, though but indifferently, lay them on a Gridiron, or toast them against the Fire, keeping them basted with Vinegar and Butter, and if you like it best, with Butter alone; and being leisurely done, serve them up with sliced Limon, Nutmeg, and Butter and Vinegar beat up thick.

97. **LOBSTER Fry'd:** Take out the Meat of a boil'd Lobster, slice it long ways, and flower it; fry it in sweet Butter, that it may be crisp and white, or put it in Batter of Eggs, Flour, Salt, and Cream, roul it in this and fry it; then make a Sauce with the Juice of Oranges, Clarer, and grated Nutmeg; beat them up thick with sweet Butter, rub the Dish over with a Shalot or an Onion; and having Garnish'd it with slices of Oranges or Limon,

pour

pour on the Sauce, and then serve it up to the Table.

98. **LOBSTER Hash'd** : Take off the Shells when the Lobsters are newly boil'd, mince the Meat very small; and put it into an Earthen Pan or Pipkin, with as much Claret Wine as will near cover it; then add Salt, sweet Butter, grated Nutmeg, sliced Oranges, and a few Pistaches; and when it is very well stewed, serve it up on Sippets, being run over with beaten Butter, and Garnish'd with sliced Oranges.

99. **LOBSTER Gelly'd** : Take a Tench, draw it at the Gills, then put it into as much Water as will conveniently Boil it; season it with Salt, Wine Vinegar, and five or six Bay-Leaves, large Mace, three or four whole Cloves, and a bundle of sweet Herbs : The Fish being boiled, take it up, and rub off the Scales, strain the Liquor through a Gelly-Bag, and put to it a piece of Ling-glass wash'd and steep'd for that purpose, in fair Water, and boil it very cleanly, and run it through the Gelly-Bag : Your Lobster being taken out of the Shells, lay them in a large clean Dish in slices, and run this Gelly over them. You may for Variety's sake, make this Gelly of divers Colours, by putting to it Saunders, Turmeric, Turnsole, or any such like Colours.

Garnish the Dish with Limon-peel cut in Branches or long slices, Barberries, and fine Coloured Flowers. Thus you may Gelly Craw-Fish and Sprawns, but they must be laid in the Dish whole, when the Shells are taken off.

100. * **LOBSTERS to Roast** : Run a little Bird spit thro' the

Belly of the Lobster, tie them with Packthread, when you find them cracked 'tis enough; put one whole in the middle of the Dish, butter the rest in the Shells with Limon, Pepper and Butter, and one Anchovy dissolved in White-wine, so mix it altogether, and serve it with Oysters and Limon.

101. * **LOBSTERS to Roast** : Tie them to the Spit alive, (which is Cruelty) baste them with hot Water and Salt; and when they look very red, and you think they are ready, baste them with Butter and Salt; take them up, put them into a Dish, have your Sauce ready, which put into Plates round the Dish.

102. **LOBSTERS Pickled**. Boil the Lobsters in Vinegar, White-wine and Salt, take them up; and having Bay-leaves and Rosemary-tops, Savory, Thyme, large Mace, and whole Pepper, boil them in some of the Liquor the Lobster was boiled in; in the middle of the boiling put in whole Cloves, then place the Lobsters in a Barrel, and put the Liquor to them, with the Herbs and Spice, and some Limon-peel. In this manner you may keep them a long time, and send them sweet to any part of England; which otherwise cannot be done; and when you serve them up, do it with Spices, Peel, Herbs, and some of the Liquor.

103. * **LOBSTERS Pickled** : Boil them in Water and Salt till they will slip out off their Shells; take the Tails out whole. Make a Pickle of half Port Wine, and half Water; put in whole Mushrooms, Capers, a Sprig or two of Rosemary, Savory and Thyme, and a small Cucumber or two; into

into which put your Lobsters, giving them a boil or two in the Pickle; take them out, let them lye till they are cold; boil the Pickle a little longer, and when cold, put in the Lobsters in a long Pot, which tie close up.

104. LOBSTER-PYE: Take four boiled Lobsters, and a fat raw Conger, cut some of it into square pieces as broad as may be, then take the Meat of the Lobsters, and slice the Tail in two halves length-ways, as also the Claws, and season both with Nutmeg, Pepper and Salt; put Butter pretty thickly laid in the bottom of your Pye, and lay on the slices of the Conger, and then a layer of Lobster; thus lay three or four layings till the Pye be full, then lay Butter on the top, close it up, and bake it.

105. LOBSTERS, *Crabs*, or *Crabfish Butter'd*. Take out their Meat and mince it small, and set it over a Chafindish of Coals with a little White-wine, a little Salt, and a Blade of Mace; and when it is very hot, put in some Butter and some Crumbs of White-bread, then warm the Shells against the Fire, and fill them again with their Meat, and so serve them in: You may do Shrimps or Sprawns thus, only you must not put them into their Shells again, but garnish your Dish with them.

106. LOBSTER Stew'd. Take Vinegar Claret, Nutmeg, Salt and Butter, stew your Lobster somewhat dry, dish it in a convenient Dish, and running over with Butter, garnish it with sliced Limon; or you may cut it into the Fashion of Dice, and warm it with White-wine and Butter, put it into a Pipkin with

Claret-wine, or Grape-verjuice, and grated Manchet, and so fill a Scollop-shell, or other convenient thing with it, and serve it up garnished with Sampire.

107. LOCHES *Stop'd*. The sign of these are a Swelling of the Belly, a heavy Pain in the lower Parts, the Loins and Groin, Redness of Face, difficulty of Breathing, and the like. To remedy which, apply the Hysterical Plaister to the Navel; then take this Electuary, viz. Conserve of Roman Wormwood and Rue, of each one ounce; Myrrh two drams, Castoreum and English Saffron, Volatile Salt of Amber, Volatile Sal Armoniack, and Assa Foetida, of each half a dram: make these with Syrup of Violets into an Electuary, and take to the bigness of a Nutmeg every four hours. Then take of Rue-water four ounces, compound Briony-water two ounces, Sugar-candy as much as will sweeten it for a Julep, and let the Party take her rest after the taking what's prescrib'd, and the Effect will, no doubt, answer her Expectation.

108. * LOCHES or Courses *Stop'd*. First purge the Body very well with Elixir Proprietatis, giving a spoonful of it at a time in the Morning fasting, and in a good Glass of White Port Wine, or in Ale for such as cannot afford Wine: Let it be given ten days before the time expected; and every Night going to Bed, give two spoonfuls of the Syrup of Steel, or Black Tincture thereof in a Glass of Wine or Ale, and continue the use thereof till the expected time is come, and till three or four days past the expected time: These Medicines scarcely ever fail of performing the Work at the first Essay; but if the Obstruction is inveterate and obdurate, or has

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been of long standing, and that at this first attempt, it should not be perform'd, you must give over the Medicines for a season, till within twelve days of the expected time again, and so repeat over all the before directed Course again, and then you will rarely find it to fail. For this you must Note, That Obstructions of this kind when they have been of many Months standing, are very difficult to remove, much more when they have been of two or three Years continuance; in this case, nothing but Patience, and a constant continuance of the use of the Means directed, will do. And what we have here prescribed to bring down the Courses being stop'd, will certainly provoke the Loches, let the suppression come from what Cause soever; but in this last Case of the Loches being suppress'd, the Less of the Elixir Proprietatis may be given.

109. LOIN of Veal to Bake: If you put it into the Oven with the Bones, joint them very well, season it with Salt, Nutmeg and Pepper, and put it into your Pye; put Butter to it, and close it up, being sure always to have a well Season'd strong Crust; Liquor it with sweet Butter. In this manner you may bake a Breast of Veal in either Pye or Pasty, also a Shoulder stuff'd with sweet Herbs, and Beef-suet.

110. LOOSENESS: To stay it, boil a convenient quantity of Oak-Bark in Spring-Water, till the Liquor taste strong of it; sweeten it, and drink a pint at a time, and in two or three times so drinking, you will find the Effects of it. Or, drink in the Morning fasting, a moderate Draught of your own Urine.

Purge first with Sal Mirabile, two or three times, if the Body of the Patient will bear it: If not, then

only once or twice: This done, give two or three Grains or more, (if the Violence of the Disease requires it,) of our Volatile Landanum, every Night going to Bed, which is to be continued so long as the Disease requires, or till the Patient is perfectly recovered, which will be in a few days.

III. LOZENGES for a Cough. Take a pint of Red Rose-Water, a pint of Hyssop-Water, a pint of Horehound Water, a pound of English Liquorice scrap'd, -sliced, dried, and beaten to Powder; let it be steeped three days and three Nights in the aforesaid Waters, then strain it out, and take half a pound of white Sugar-Candy; being beaten to Powder, put it into the Waters, and so let it boil upon a soft Fire of Charcoal by leisure, untill it comes to a kind of Paste; you may if you please, as it boils, or after, put in some Musk and Ambergrise: When it is boiled to the full, that it comes very clear out of the Skillet, then put it out on a Trencher, and with a little Butter make it up in smooth Rouls, of what bigness you please, and put them into a Dish to dry, either in an Oven, or by the Fire.

112. * LOZENGES of Flowers. Make a good Syrup of Sugar, take the Blossoms or Flowers that are wholesome, of what sort you please, shred them small, and beat them in a Wooden Mortar, and put in as many as upon boiling up will Colour the Syrup, of the proper Colour of the Flowers: Boil it with stirring, till it may be taken clean from the bottom of the Pan, and so thick, that it will scarce drop out of the spoon; then pour it on a Plate, and wetting your Knife or Spatula, spread it abroad

to the thinness of a Crown-piece; cut it like Diamonds, or in what fashion you please, and as the Virtue of the Flower is, and the Virtues of divers Flowers treated of in this Book, so will the Lozenges be available.

113. * **LUCATELLUS** Balsam: Take a pound of choice Bees-Wax, one quarter of a pint of Sack, and as much D. R. W. one pound of the finest Venice Turpentine; wash the Turpentine twice or thrice in Rose-Water, till it is very clear, slice your Bees-Wax very thin: put all these into a Bell Mettle or Silver Skillet, and boil them over a slow Fire, keeping them continually stirring, till the Sack and Rose-Water be all wasted: pour it out into an Earthen Vessel, and let it stand till the next day: if there remain any Moisture, Work it out, and put thereto two quarts of the best Oil of Olives, three ounces of the Oil of John's-Wort, two ounces of Natural Balsam; let these boil up together about ten Minutes, then put in as much Red Saunders as you think will give it a good Color. If you please to make any for Wounds, you may add a little Mummy, and give that a Boil together; you must keep it stirring all the while, till it is cold, and then put it up in Gally-Pots; tie a Paper and Leather over it, the longer you keep it the better it is, tho for seven Years.

114. * **LUCERN**: It is commended for excellent Fodder, and by some preferred before Saint Foyn, as being very advantageous to Dry and Barren Land: It is managed like the other, and has proved well on most Grounds; but the Land must be well dressed, and three times Fallowed. It is Sown about the middle of April, with a small quantity of

Oats with it, the Seed being very small, the sixth part of it is allotted to an Acre, as is required of any other Grain. It may be Mown twice a Year, and Fed all Winter. The Hay must be well dried and housed, else it will be bad to keep. It is good for all sorts of Cattel, especially Horses, being much more Nourishing than ordinary Hay; for it causes Cows to give abundance of Milk. It must be at first mixed with Common Hay or Straw, as is done with Clovergrass. It is good to Mow it once a Year, and so it will last ten or twelve Years. If you would have ripe Seed, cut off the tops in a Dewy Morning, and put them into a sheet for fear of loosing it: when they are dry, let it be Threshed out thereon, while the remaining Stalks are reserved for Hay, Horses by eating this Grass, are Purged and Fatted in ten or twelve days time; and an Acre of it will keep 3 Horses all the Year.

115. **LUMBER-Pye**: Take Grated Bread, Cloves and Mace, finely beaten, Beef-suet cut small into square pieces, then Veal or Capon minced small, with Suet and Sweet Herbs, Salt, Sugar, and the hard boiled Yolks of six Eggs, and about half a pint of Cream; work them up in the Cauls of Veal like Sausages, put them into a Dish, and half bake them, and so your Pye being ready, and dried in an Oven, put them into it, with some Butter, Verjuice, Sugar, Dates, large Mace, and Grapes, or Barberries and Marrow; and when it is Baked, scrape over some Sugar, and serve it up.

116. **LUM**

116. **LUMBER Pye to Season**: Take any cold Meat, (Beef or Pork excepted,) shred a pound of Beef-suet to every pound of Meat; put to them two Nutmegs Grated, half an ounce of Cloves and Mace finely beaten, and the usual sweet Herbs shred very small; work them up together, (the Meat being likewise minced small) with a little Salt, and six Eggs, into Balls as big as Pullets Eggs, and put into the Pye one pound of Currants, one pound of Raisins, and a quarter of a pound of Dates sliced; close up all with a pound of Butter conveniently dispers'd among the Ingredients: And if you will have it Finer, make this Liquid and put into it: Take a quarter of a pound of Sugar, a quarter of a pint of Canary, half a quartern of Verjuice, the Yolks of three Eggs, and about a quarter of a pound of Butter: Boil them up to a thickness with a little Mace, and put it into the Pye, when it is about to be served up to the Table.

117. **LUMP, or LING-PYE**: Take and Fley them, and split it in two, season it with Nutmeg, Pepper and Salt, and lay it into a Crust, and on it lay some Bay-Leaves, large Mace, an Onion sliced, Gooseberries or Grapes, or Barberries and Butter: Close it up, and when it is Baked, liquor it with Butter: After this manner you may Bake it in a Dish or Pasty-Pan.

118. **LUNACY**: This is a Distemper first seated in the Blood, and then Afflicting the Brain. When the Symptoms of it first begin to appear, by extraordinary Flushing and Heat, and the Party talks wildly, let Blood, but not too much; fourteen ounces is

sufficient: Then take a quarter of an ounce of Rhubarb thin sliced, Angelica-Roots an ounce, a Sprig or two of Savine; boil these in a quart of Spring-Water till it be consumed to a pint, and let it be drank lukewarm at two Draughts, an hours time between each Draught, sweetned with Sugar, and the Party put into Bed, and a warm Candle, or else some strengthening Broth; provided and sup'd up about an hour afterwards: By a gentle Breathing Sweat, the Afflicting Humour will be dispers'd, and by degrees evaporate.

119. * **LUNACY** Confirm'd; First give a Vomit once or twice, or thrice if you so please of three, four, six, eight or nine grains of Tartar Emeticum, giving the Vomit every other, or every third day: This done, Purge three or four times with the Infusion of Sena; and if you perceive that the Lunacy does not go off, you must then purge once a Week with the Pilulæ Lunares, the Preparation of which you may see in our Pharmacopœia Bateana, lib. 1. cap. 10. sect. 53. As also in our Pharmacopœia Chirurgica, in our Ars Chirurgica, under the Title of Vitriolum Lunæ: But in the Intervals of taking the Pilulæ Lunares, you ought to give every Night going to Bed, a small Pill either of our Laudanum Specificum, or Doctor Gardners's Laudanum Samech, which are Medicines never enough to be Commended.

120. **LUNGS Inflamed**. Take Red Poppy-flowers a quarter of a peck, infuse them in Spring-water hot, but not boiling-hot, and let them stand twenty four hours, then wring them out: infuse the like quantity of fresh Flowers, and having well press'd them

them after a convenient standing, boil up the Liquor in a Bath, till with its equal weight of Sugar it is made into a Syrup.

Half an ounce, or an ounce at a time is a sufficient Dose, and being exceeding Cooling, it not only helps the Inflammation of the Lungs, but also Pleurifies; and is good in most Heats, or hot Diseases, easing Pains in the Head, and causing rest.

The only thing you can give in this case, is our Spiritus Aperiens, or Spiritus Anticolicus, which being daily and constantly given in ordinary Drink, so many drops as to make it pleasantly acid or sharp, will not only cool the inflamed part, but effectually open the Obstruction of the Lungs, strengthen the Stomach, and cause a good Appetite.

121. LUNGS Rising. There is nothing better than the Water of Elecampane-roots. Stamp the green Roots in a stone Mortar, and mix with them half as much green Licorice; and distil it in a glass Still: Take of this Water half a spoonful at a time, whensoever the Rising doth trouble you: mix it with as much Old Malaga, if you cannot take it alone.

Take Milk water or Spring-water, six ounces; Spirit of Sal Armoniack forty drops: mix them for a Dose, It is very powerful for the purpose intended.

This is also very good:

Take White-Port-Wine four ounces, Spirit of Harts-horn a dram, or forty Drops: mix for a Dose, and give it.

122. LUNGS Stopt: Take the Leaves and Seeds of Marsh-mallows, boil them in Milk or Wine with Aniseeds and bruised Liquorice, and let the Party drink half a pint pretty warm in the Morning fasting.

If the Stoppage is great, you must be speedy in what you give, because of the Danger; the only thing is Spirit of Harts-horn or Sal Armoniack, which may be given to 30 Drops in a Glass of Milk-Water, or some other fit Vehicle; this destroys the Acid, dissolves the Coagulated Juices in the Lungs, and being taken for some few times, quickly restores the Circulation of the Blood.

123. LUNGS Stopt with Flegm: Take Elecampane-Root well dried, Liquorice and Aniseeds, of each an ounce; Flower of Sulphur half an ounce, Sugar-candy six ounces; make all into a fine Powder, and take thereof half a spoonful three times a day.

Take White-Port-Wine four or six ounces, Syrup of Elecampane-roots, an ounce and half, Tincture of Juice of Liquorice half an ounce, Spirit of Sulphur enough to make it pleasantly sharp; take of it at pleasure.

This also is Excellent.

Take Syrup of Elecampane, of green Ginger, and of Limons, of each equal parts; mix them well. Dose two spoonfuls often in the day-time.

124. LUNGS Stuffed. Take the Syrup of Penny-royal, or Ground-Ivy, stamp in it Rose-leaves and Mugwort, and make them with the Syrup and Sugar into a Conserve; of which take an ounce Morning and Evening.

125. LUNG-WORT, its Vertues: This is Astringent and Drying, stops Bleeding, and cures fresh Wounds; stays the Flux of the Belly and the Courses; the distilled Water, Pouder and Syrup, are used with Success for the Diseases of the Lungs, as Short-breathings, Coughs, Consumptions, &c. That sort of it which

which grows on the Oak, is excellent for curing the Jaundice, by taking a handful of it, and boiling it in a close stopp'd Vessel, in a pint, or somewhat more, of Small-beer, till half be consumed; and of this take three or four ounces, as hot as may be, Morning and Evening.

126. LUPINS *to Boil.* Take French Lupins and French Beans, and take away the Tops of the Cods and the Strings; and having a Pan or Skillet of fair Water boiling on the Fire, put them in with some Salt, boil them up quick; and being boiled, serve them up with beaten Butter and a little Pepper. Garnish the Dish with Barberries, Limon-peel and Endive, and so serve them up, having made a Division or Separation of the two sorts.

127. * LYMPHA. It is a clear Limpid Humor, which thins the Blood, helps its Circulation, and keeps it from Stagnation, and is continually separated by the Glandules, and by Vessels of its own, is as continually discharged into the Blood. It comes not immediately from the Blood, or Nervous Juice, but is the Surplusage of each, or which is more than enough, either for the Fluidity of the Sanguinous Mass, or Nourishment of the Parts through which it flows. It is taken sometimes for the Water which flows from the Pricking of the Nerves and other Wounds, which yet does not flow really from the Nerves themselves, or Blood Vessels, but from the Lymphaducts which are cut and wounded.

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1. MACAROONS

to make. Blanch a convenient quantity of Sweet Almonds, by putting them into hot Water, beat them to a mash in a Mortar, and strew on them between beatings a little fine Sugar sifted; being well mixed, add the Whites of Eggs and D. R. W. and when they are of a sufficient thickness, draw over your Wafers a Feather dipt in melted Butter, and take the Batter up in spoonfuls and lay it on them, and bake them in a gentle Oven, iced over with Sugar dissolv'd in Rose-water.

2. MACAROONS: Take a quarter of a pound of Almonds and blanch them, three ounces of Loaf Sugar serf'd, beat these in a Stone Mortar, with the Whire of an Egg and a little D. R. W. beat it till it be a little thicker than Batter for Fritters, so drop them upon Wafers and bake them.

3. * MACAROONS. Take blanch'd Jordan Almonds two pounds, beat them in a Mortar with 10 spoonfuls of New Milk, or D. R. W. add to them D. L. S. two pounds, Rice boild soft in Cream one pound, Cheese Curds

V 3 half

half a pound: stir them together well over a Chaffin-dish of Coals, letting them heat, but not to boiling: Take glair of 12 Whites of Eggs beaten to a Froth, and add it to the former when cold; which mix well together. This put by spoonfuls upon sweet Meat Waters, upon Tin Plates, strewing *D. L. S.* in fine Powder upon them when you set them into the Oven, which let be heat as for Tarts.

4. * **MACAROONS.** Take blanch'd Jordan Almonds, *D. L. S.* of each a pound, *D. R. W.* 6 or 8 spoonfuls; beat them in a Mortar, adding a little fine Flower; and being in a Pewter Dish over a Chaffin-dish of Coals, stir them till they come clear from the Dish, (and add, if you please, a grain of Musk.) Lay them on longish white Wafers, laid on Tin Plates, and ice them over with Loaf Sugar.

5. * **MACAROONS.** Beat blanch'd Jordan Almonds in a Mortar with a little *D. R. W.* strewing on them *D. L. S.* as you beat them; when they are well mixed, add glair of Eggs a sufficient quantity, with some white Bread finely grated, or fine Rice Flower; when they are of a convenient thickness, drop the mixture upon white Waters, laid on Tin Plates, and bake them in a gentle Oven.

6. * **MADNESS** or *Frensie*. Take the Gall of a Hare, boil it in a quarter of a pint of White-wine; this being drank, causes the Party to sleep, and eases the Labour and Disturbance of his Brain, until Vinegar be given him. First vomit with Antimonial Emeticks, as with *Vinum Antimoniale*, *Vinum Benedictum*, or Tartar Eme-

ticum, which repeat for two or three several times, with due Intervals, then purge with an Infusion of Sena in White-wine; the Infusion of an ounce will make four Doses: And if the Patient wants rest, you must give every Night at Bed-time two or three grains, or more of our Volatile or Specifick Laudanum.

7. **MAIDEN-HAIR**, a Syrup: Take two good handfuls of it, shred these small, and boil them in two quarts of fair Water till a third part be consumed; strain it, and boil up the Decoction with Sugar to a convenient thickness, and take half an ounce at a time in any convenient Liquor. This removes the tartarous and viscous Mucilage out of the Lungs, and is good for those that have Coughs, Shortness of Breath, and Pains in their Sides, or in the Bladder or Kidneys. The Powder of this Herb being taken four days together, provokes Urine, expels the Stone and Gravel, and is of great use for Children in Ruptures: Or for any of these, the speedier to facilitate the Remedy, you may take the Syrup of Maiden-hair, and Jubebs, of each three ounces; Linseed-Oil, newly drawn, two ounces; fine Sugar two drams; mingle them, and make a Lohoch, and take about an ounce every other Hour.

8. * **MAIZE**, *Indian Corn*, or *Indian Wheat*: It is a Noble Grain, and the Bread Corn of the *West Indies*. Ground in a Steel Mill, and boiled to a Pottage in Water, (taking off the Husks as they arise,) is that which they call *Homine*. This mixt with new Milk, simply, or boil'd up with it, is excellent Food, for it keeps the Belly soluble, cleanses the

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Stomach and Guts, preserves the whole Body in Health, and nourishes very well. But besides this Culinary use of this Plant, more excellent things may be made of it to a great advantage, for an Acre of *Maize*, which is not ordinarily worth above twenty Shillings, by this Invention, may be made worth 20 pounds. Take the Stalks of the *Maize* when full grown, and fullest of Juice, viz. just upon, or a little before the Ears come to be Milk: Take the Juice of these Canes or Stalks, either alone, or adding a little Water to make it express the better; let it Ferment, till it becomes a little sharp or acid, which done, put it into a Copper Alembick Tinn'd within, and with a gentle Fire draw off the Spirit, which you may if you please, Rectify by another Distillation. This will be, (if well done) as strong as French Brandy, or the best Sugar Spirit; and if it is kept till it has Age upon it, will not be inferiour neither in Taste nor Goodness, to either of them; but with it may be perform'd and done, what ever may be done with them. If this thing should be brought into Practice and use, it would be necessary (for ease and expedition sake,) to have *Ingenio's*, or Mills, such as they use in *Barbadoes*, *Jamaica*, &c. for their Sugar Canes. But otherwise, for what may be used in a Family, it may be done by Hand, and the Juice squeez'd out by the help of an ordinary wooden Press.

9. *MALADIES of the Skin*: Take Oil of Roses half a pint, beat two ounces of Litharge of Gold to dust or powder, with Vinegar, add a little of the Oil,

as you bruise it in a Mortar with an Iron Pestle, till the Litharge and Oil has so overcome the Vinegar, that it appears not, and it becomes a kind of whitish Ointment; then put it up for your use, keeping it close covered.

10. * *MALADIES of the FACE*: The Patient may wash with Lac Virginis, or with Saccharum Saturni, dissolv'd in Juice of Limons, and mixt with a treble quantity of D. R. W. After which, every Night going to Bed, they may anoint with this Liment: Take Oil Olive six ounces, Sheeps-suet three ounces, melt them in the heat of a Bath, then add Saccharum Saturni an ounce and half, dissolved in Juice of Limons; Roch Alum half an ounce, dissolved in fair Water: put all together, and mix them well by shaking.

This takes away Spots, Pimples, Sun-burn, Morpew, and Yellowness of Complexion: cures Itch, Scabs, Botches, Breakings out, Tettors and Ring-worms; kills Worms in the Skin, makes it smooth, and forces out the Watry Humors, tending to Dropsies, by anointing with it.

The Lac Virginalis, by often washing with it, cures Worms in the Skin, and is good to dry up Running sores, Tettors, Ring Worms, Scabs and other Breakings out. If they have been of long standing, and are rebellious, you may anoint with this Ointment: Take Oil Olive four ounces, Sheeps-suet two ounces; mix them, then add white Precipitate one ounce, Oil of Tartar per Deliquium half an ounce: mix all well together, and at last add Flowers of Sulphur six drams. This Ointment upon Tryal, you will find to be a very excellent thing.

11. * **M A L T** to make, after Markham's method: The quantity of Barly ought to be answerable to the Continent of the Cistern, and the Cistern to the Capacity of the Floors. Let the Barly be full ripe, firm, plump, weighty and clean, which put into the Cistern, after which, let it be fill'd with Water, till the Water floats above it; stir all well together, and if any of the Barly swims or floats upon the Water, let it be taken off: Afterwards let it rest, and sleep 3 days and nights in the Water, which being past, pluck out the Stick or Plug at the bottom of the Cistern, to let the Water out, and drain clear away from the Corn. The light Corn, &c. which comes out with it, will be good Hogs-Meat: Let the Cistern drop all that Day, and in the Evening with a Shovel, take out the Corn, laying it upon the Malt Floor; lay it on a heap round or long, and flat on the top: Let the thickness of the heap be answerable to the Season of the Year; if extrem cold, let the heap be 3 or 4 feet or more thick, according to the quantity of the Grain: If the Weather is temperate and warm, then the heap may be two Feet, a Foot and half, or Foot thick; this heap the Maltsters call a *Couch*, or *Bed of raw Malt*. Let the Grain lye thus three Nights without stirring it, and then if you find it begin to sprout (which is called the coming of the Malt) tho' it be never so little, as but the very white end of the Sprout peeping out, (so it be in the outward part of the heap or Couch,) then break it open, and in the midst where the Corn lay nearest, you will find the

Sprout or Come of a greater largeness; turn then with your Shovel, the outward part of the Couch or Heap inward, and the inward part outward, and make it at least 3 or 4 times as large as it was at first, and so let it lye all the Day and Night. The next day with your Shovel, turn the whole heap over again, increasing the largeness, and making it of one indifferent thickness over all the Floor, not above a handfull thick at most, not failing after, for the space of fourteen days, (which will make up in all 3 Weeks,) to turn it all over twice or thrice a day, according to the Season and Weather. If it be warm, it must be the oftner turned, if cold, it may lye looser, thicker, and longer together: After three Weeks, having prepared your Kiln, with its Hair-Cloth, lay the Malt thereon about three Fingers thick, and with a soft or gentle Fire dry it; ever and anon turning the Malt as 'tis drying, over and over with your Hands, or small Shovel, till you find it sufficiently dried, which you may know both by the Taste when you bite it, and also by the falling of the Come or Sprout: When you see the Come begin to shed, you must in the turning of your Malt, rub it between your Hands, and scower it (as it were) to make the Come break off. Being thus well dry'd, put out the Fire, let the Malt cool upon the Kiln for 5 or 6 Hours, and take it off the Hair-Cloth with the Come, which convey into your Garner, letting it lye (if no present occasion for it,) for a Month or two, to meliorate, but no longer. For the Come and Dust helps on the Melioration,

ration, making it better both for Sale and Expence. But if it lyes together too long, it may breed Weevels, and other Vermin, which may very much hurt and destroy it. Now you must cleanse it by Winnowing it, either by a brisk Air, or a Fan, but before Winnowing, you ought to rub it well between your Hands, to free it perfectly from the *Come*, or *Sprouting*, for then the Beauty and Goodness of the Malt will be best seen, being brightest and likest to Barly in appearance. As for the *Come*, &c. if not separated, it gives an ill Taste to the Drink. When it is well rubb'd and Winnow'd, you must Ree it over in a fine Sieve, and if need be, rub it again into the Sieve till it is perfectly cleansed; the Rubbings will arise on the top of the Sieve, which you may take off at pleasure, which will make (as aforesaid,) good Food for Hogs, mixt with Whey, &c. Being thus Ree'd, you may put it up either into Sacks, or into the Garner. *Where Note*, 1. That some are but for a Fortnight between sleeping and drying, because it makes the Malt more Beautiful and Soluble; but *Markham* says, That tho' it may make the whitest and brightest Malt, yet that short time can neither ripen or mellow it, so as to bring it to its true perfection; less than three Weeks cannot do it; for what time it has to swell and sprout in, it must have full as much time to Flourish in, and as much time to decay in. Now in less than a Week it cannot do the first, and it will take a Weeks time to do the second, and another Week the third, so that in less than 3 Weeks the Malt cannot be per-

fectcd. 2. *Again*, It is said that the Malt which has the least *Come* or *Sprout*, will have the greatest Substance. 'Tis true: But the Malt which puts not forth its full *Sprout*, will have too much Heart and too much Moisture, and so can never be Malt for long keeping; for its moist Substance will make it apt both to corrupt and breed Weevels or Worms. 3. Malt which is not suffer'd to sprout out full and kindly, but is stopt as soon as it begins to peep as it were, a great deal of that Barly will not be Malted at all, for the moisteft Grains will sprout first, whilst the harder will scarcely break the Husk; now if the Grain is stopt at the first Sprouting, so as you give not time for the others not yet Sprouted, to Sprout afterwards, you will have Malt 'tis true, but such as will be half Barly. 4. Care is to be taken in Turning of the Malt, or else some will *Come* or *Sprout* too much, and some too little; for as it ought not to sprout too little, so it ought not to sprout too much. All which is for want of Care, to look after the *Couch* or *Heap* as it ought to be, opening it in due Season; or for want of Turning it as it ought to be when spread on the Floor. For which Reason, it sometimes sprouts at both ends, and then it is called *Akerspiced*, and is only fit for Swine. 5. If the Grain is a mixt sort of some Old Barly, some New, this will never sprout equally together, for that the one exceeds the other in Moisture, and therefore will never make so kindly and good Malt, as if it was all of one sort. 6. If it be hard to *Come* or *Sprout*, by reason of

of the Coldness of the Weather, you may cover the *Couch* or *Heap* with thick Woollen Cloths, Mats, &c. the warmth of which will make it *Come* or *Sprout* presently, which once perceiv'd, uncover it forthwith.

12. * *MALT* to make as in *Derbyshire*, from Mr. Houghton's Letters. 1. Let the Barley be bold, dry, sweet, fair colour'd, thin Skinn'd, and clean from Hains, Seeds, Oats, &c. if many Corns have brown Ends, and be of a dark Colour, it may be judg'd to have been heated in the Mow, and that Corn seldom sprouts well in the Couch. 2. Put your Barley into the Cisterns, which cover with Water; and Brook or River Water is to be chosen rather than that from a Spring: Let it sleep till crushing the Corn endways between ones Fingers the Husk will rise, and shoot a little from it; then draw off the Water, and let it lye 6, 8, 10 or 12 hours to drain. 3. Barley thrashed out about *Michaelmas*, takes much less time in the Water than afterwards, when it has had the Sweat in the Mow, the Pores in the Skin being more open. And in a dry year, when little Rain has been in the Field, it imbibes the Water faster, and is sooner steeped, than when it has had plenty of Rain in the Growth; and some after it is cut, before it is brought into the Barn. 4. Experienc'd Maltsters say, it is better rather to give the Barley something too little rather than too much Water; because, if it imbibes too much many Corns will smilte, or have their Pulp turned into a Substance like thick Cream, which crushes out in stirring; and others will

have the Spirit drowned, and most of those which *Come* or *Sprout*, will, without extraordinary care be taken, send forth their Substance in an *Acrospire*. 5. The Barley being steeped enough, and the Water drained off, take it out, and lay it on the Couch Floor; if the Weather be very warm, it is to be immediately couched about a Foot thick; but if we see it has taken much Water, or a hotter Season require it, it is spread on the Floor much thinner. If the Weather be moderately cold, it is let to lye 12 hours on a heap, the edges being only swept close up; after which, or a longer time, as in Frosty Weather, it is spread of such a thickness as the Weather and Water may require. 6. Thus laid, it is stirr'd with the Broad casting Shovel, commonly thrice a day in moderate Weather; but in cold, only twice: And in hard Frost, when the out-sides of the Couch are apt to freeze (for the middle will never) it is then Couch'd up a yard thick, and covered with an hair Cloth, and stirr'd but only once a day; being always careful to throw the frozen out-sides into the middle, till it begins to fork and warm in the Couch: After which time, if it be not laid too thin, it will not easily freeze. 7. In the hot Months of *May*, *June*, *July* and *August*, the Couch is sometimes stirr'd, (till the Spirit begins to fork) 5 or 6 times a day, or more, being always careful to keep the Grain from drying too much on the out-sides, lest it be parched again into Barley: But sometimes in Summer time, all the care is too little, for the heat will so dry it, that tho' it seems

seems to *Come* or *Sprout* well, yet wanting Moisture, to put the *Acrospire* back, the Malt will prove but harsh and hard. 3. In cold Weather, after it has been *Couch'd* 4 or 5 days, and begins to shew the *Sprite*, or *Chit*, at the Root end of the Corn, and in 4 or 5 days more, (during which time it continues Sweating, as may be easily seen by stroaking the dryer top of the *Couch*;) it will become long enough. But now except the Weather grow Colder, it must still be laid thinner, and stirr'd 3 or 4 times a day, when the *Come* will be long enough. 9. In Summer, it will sometimes *Chit* in 24 Hours after it is taken forth of the Cistern, and within 3 days *Come* or *Sprout* enough, so that it must be stirr'd 6, 7 or 8 times a day, to keep it from running out, or the *Sprite* from *Sprouting* too long; sometimes the *Chit* will peep before it is out of the Cistern, as in the heat of Summer, but this is only at the top of the Cistern; in this case, there is much Art to be used to make it *Come* in the *Couch*. 10. When the Malt has *Come* enough, spread it thinner on the Floor, to wither it, and stir it that day, once or twice extraordinary: When it is once stopt with Care and stirring, it will be kept from *Coming*. It is usually *Come'd* enough, when the *Sprits* are about half an Inch long; but in Summer we let it *Come* a little longer than in Winter, to make the Malt rash. If it be *Come'd* too much, it will look rugged, and be apt to stick together, and when stirr'd it will fall uneven, or on heaps; then being stay'd from *Coming*, it is remov'd into the upper Floors, where it is kept

with stirring in hot Weather, 3, 4 or 5 times a day, to wither it, as necessity requires. 11. When the *Sprits* come forth at the Root end of the Corn, another *Sprit* (which is called the *Acrospire*;) begins to stir at the same end: And as the exterior *Sprits* run fast out, it moves slowly backward under Skin unseen, and when they are come long enough, it seldom goes farther back than to the middle of the Corn. But if the Malt be not afterwards cooled too hastily, or cast over thin on the Withering Floor, this will run back to the end of the Corn, to which, if it reach not, the part of the Corn which it passes not, will remain unmalted, but the rest will be perfect Malt. 12. Now, if for want of stirring the Malt, or giving the Barly too much Water in the Cistern, both which cause it, the *Acrospire* comes out, and it carries forth with it the Heart of the Corn, and leaves little but Husk, especially if it gets length, as is before intimated. After it has lain on the Withering Floor 12 or 14 days, it will be fit for the Kiln, but sooner, if it *Acrospire*: yet in sharp Frost it will scarce be ready in 3 Weeks time. 13. In Summer time, and hot Weather, if it lyes on the Floor too thick, or not timely stirr'd as it ought to be, it will *Acrospire*; and if to prevent the *Acrospiring*, it be thrown thin, much of the Grain will dry and parch into Barly again. In those Grains which *Come* or *Sprout*, the *Acrospire* will scarcely run back to the middle of the Corn, so that one half of it will be left Barly, which is the Cause why the Summer made Malt Brews ill, and the Ale or

Beet

Beer is disliked. The Malt made in hot Summer Weather, will not abide to lye above 7 days on the Floor, after it is *Come'd* enough, but must be convey'd to the Kiln, because it is apt to become Mouldy, which having a bitter and unpleasing Taste, gives an ill Taste or Relish to the Drink: But when the Season is cool in Summer, as good Malt may be made as after *Michaelmas*.

14. The Malt being on the Kiln, a drying, may be laid something thicker than it lay on the Withering Floor, where when it has lain five hours, with constant Fire under it, it is to have its first Turn; about four hours after the second, and about 3 hours after the third: And if the Kiln dries well, in 3 hours more, with a moderate Fire, (for fear of Fire-fanging,) it will be dry enough. Thus it lyes about 15 hours on the Kiln, sometimes more, and sometimes less, according to the goodness of the Kiln, and Greenness of the Malt; which if it be not well withered, before it be laid on the Kiln, will require a longer time to dry, and one turn more on the Kiln extraordinary. The Brick Kiln will dry a greater quantity in four hours, than we usually lay on one of the same Capacity of the common make, in twelve Hours. 15. The Kiln being all four square, begin at any side, and with the broad Shovel, cast up all the Green Malt on it, into two heaps in the opposite Corners; the driest next the Hair-Cloth into the middle space between them; then shaking up the Hair-Cloth, so that no loose Corns may stick to it, and again laid down, remove the green heaps to the opposite sides, but the little middle heap,

with the dry, under the other two, the shakings of the Cloth, after they are removed, to the space betwixt them; then again composing the Hair-Cloth, first spread the two green heaps all over it, of an equal thickness, and the dry lay all over them: Thus the Greenest is turn'd to the bottom, and the dry lyes on the top. After which, rake it all over with a wooden Rake, to make it every where of as even a thickness as may be. 16. But the most usual way, (tho' not so much approved) is this: Throw all the Malt on the Cloth, on one close heap, in the middle of it; then shake up the Hair Cloth, and lay it down again, and cast the said heap abroad upon it very even, clearing the Hair Cloth, all that breadth where it lay, or somewhat wider, sweeping it clean with a Broom, lest any Corn sticking to it, should be Fire-fanged; then fill up the said swept place with Malt cast into it, round from the sides, raking it very even. 17. The Malt being dry'd enough, take it from the Kiln, lay it about a Foot thick, and tread it round about 3, or 4 times, beginning at the outsides, and going round it, till it is trod all over to the middle of the heap, and so back again to the outsides, which is a Course. Let it be trod 2 or 3 of these Courses, which will be enough to rub off all the *Come*. If the Malt is to be kept long, throw it upon a heap in its Dust; but if it is to be Sold in 2 or 3 Months, dress it from its Dust, by running it thro' a Fan, Skreen or Sieve, that so it may the better take the Air, and become mellow in the heap.

13. * **MALT** to make the Scotch way from Sir Robert Murray, as you have it in the *Philosophical Transactions*. Take choice Barley newly thrasht, and well cleansed from its Chaff, about 48 Bushels, put it into a Stone Cistern, and let it infuse till the Water is of a bright reddish Colour, which will be in about 3 days, more or less, according to the moistness or dryness, smallness or bigness of the Grain, Season of the year, or Temper of the Weather. In Summer Malt never makes well, and in Winter it will need longer Infusion than in Spring or Autumn. It may be known when steeped enough, by other Marks besides the Colour of the Water, as the excessive swelling of the Grain; and if over steeped, by its too much softness, being when in its right Temper like Barley which is prepared to make Broths of. 3. When it is sufficiently steeped, take it out of the Cistern, and lay it on heaps; so let the Water drain from it: After 2 or 3 hours turn it over with a Scoop, and lay it in a new heap about two Feet deep. This is the *Coming Heap*; and in the Management of this heap aright lies the greatest Skill. In this heap let it lie 40 hours, more or less, according to the afore-mentioned Qualities of the Grain, Air and Season, that it may come to the right Temper of Malt, which that it may equally do, is most to be desired. 4. Whilst it lies in this heap, it is carefully to be look'd to, after the first 15 or 16 hours. For about that time the Grains will begin to put forth their Roots, which when they have equally and fully done, the Malt must within an hour after

be turned over with a Scoop; otherwise the Grain will begin to put forth the Blade or Spire also, which must by all means be prevented; for then the Malt will be utterly spoiled, both as to pleasantness of Taste and Strength. 5. If all the Malt *Come* or *Sprout* not equally, because that which lies in the middle being warmest, will usually *Come* first; turn it over so as the outward-most may lie in-most; and so leave it till it is all *Come'd* alike. 6. As soon as it is all sufficiently *Come'd*, turn it over to a depth, not exceeding 5 or 6 Inches; and by that time it is all spread out, begin, and turn it over and over again 3 or 4 times. Afterwards turn it over in like manner, once in 4 or 5 hours, making the heap thicker, by degrees, and continuing so to do constantly for the space of 48 hours at least. This frequent turning it over cools it, dries, and deads the *Comes*, by which means the Malt becomes mellow, melts easily in Brewing, and separates entirely from the Husk. 7. Then throw up the Malt into a heap, as high as you can, where let it lye till it grows all so hot, as your Hand can endure it; which is usually done in about 30 hours space; this perfects the Sweetness and Mellowness of the Malt. 8. After the Malt is sufficiently heated, throw it abroad to cool, and turn it over again about 6 or 8 hours after, and then dry it upon the Kilo, where after one Fire, which must serve for 24 hours, give it another more slow Fire, and if need be a third. For if the Malt is not thoroughly dried, it cannot be well Ground, neither will it dissolve

olve well in the Brewing; and the Drink it makes will be red, bitter, and not keeping well. 9. The best Fuel is Peat; the next is Charcoal made of Pit-Coals or Cinders: Heath, Broom and Furzes are naught. If there is not enough of one kind, burn the best first, for that gives the strongest Impression as to the Taste. But Wood which has been 5 or 6 Years cut and dried, or laid up in Store, is one of the best Fuels to dry Malt with. *Observations on making MALT.*

I. Some say the best and most Natural Drying of Malt is in the Sun, in April and May, especially for such as make small quantities for their own use, this making not only the Palest, but the most kindly and wholesom of all others: It making Drink of a Delicate Mildness and Pleasantness, not so apt to heat the Body, and send up Fumes into the Head. In all hot Seasons it may be done, and to great advantage in hot Countries. II. Some instead of using Hair-Cloth in their Kilns, use a Wire Floor, because it not only dries the Malt sooner, but cleaner, and much sweeter; for by means of such a Wire Grate or Floor, as it lets the Dust fall away, so it lets the Fiery and Sulphureous Particles pass away more freely, whereby the Malt not tasting of the Fire, becomes more Pure and Sweet, will be whiter, and afford more Lively and Noble Spirits. * III. In Hertfordshire they dry their Malt both with Wood and Straw, so finely that it shews finer than the Barly it was made of, giving both the same Color and Taste to the Drink, as the Darbyshire Malt: And at *Roxton* as good Ale and Beer have

been Brewed with it, as any Brew'd at Darby or Nottingham, and of the same Flavor and Taste; which they say is made so Fine, by conveying the Smoak from it, and by giving it 15 or 16 hours time to dry on the Kiln; whereas according to the Common way, they allow not above four or five Hours; by which this Old Proverb is made good, *That Soft Fire makes Sweet Malt.* IV. That in order to Brewing, it will be best to let the Malt be Ground but the day before it is used, only that it may be Cool when put into the Mash-Tub, by which means it will make a more Spirituous, Strong, Pleasant, and better Drink, than if it had been Ground 7 or 8 days before-hand: For Malt being a Fermented Substance, when its Body is broken and opened, it is apt to loose much of its Noble and Spirituous Particles, which must necessarily be much to the Detriment of the Drink made thereof.

14. * MANGE. Take Staves-acre 6 ounces in Powder, best Wine Vinegar a quart, or 3 pints; infuse in a gentle heat for 14 days, shaking the Bottle every day. If the Mangy Parts be wash'd with this Vinegar 2 or 3 times, it is said to cure. 2. Or this; Take Bastard Black Hellebor a handful, and rub the Mangy Places once or twice, or thrice with it, but not more, lest by repeating the Friction it should ulcerate it. 3. Take Copperas, Burnt Alum, of each four ounces, biting Arsmart two handfuls, Wine Vinegar two quarts, boil to the Consumption of a pint or more. Wash the Mangy Part first very well with warm Water to open the Pores; then wash well with the former Decoction, which

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which will cure at 2, 3 or 4 times using. 4. *Take the Story of Crocus Metallorum in fine Powder, four ounces; Strong White Wine Vinegar two quarts: mix and boil them together.* By often washing the Places affected with this, it infallibly cures, and will cure an universal Mange.

15. **MANUS CHRISTI** to make: Take half a pound of refin'd Sugar, with some D. R. W. boil them together till they come to a Sugar again, then stir it about till it be somewhat cold; so done, take your Leaf-gold and mingle with it, and cast it according to Art, that is, in round goblets. so keep them.

16. **MARCHPANE** to Gild and Garnish. Blanch Almonds in hot Water, beat them well in a Mortar; put to them Sugar finely sifted, beat them and mingle them till they become a Paste; add a little D. R. W. then cover it with a Sheet of Paper, make Impressions round it with a Spur-iron, or Marking-iron, used in Pastry; Ice it over with Sugar, D. R. W. and the White of an Egg beat up together: and being drawn, garnish it with Comfits, cut Leaf-Gold or Silver in divers shapes, and stick it on with Gum-water; then strew grated Bisket and Carraways on it. If it happens to be Oily in beating, to remedy this, put in as much Rose-water as will make it as thin as Ice.

17. **MARCHPANE** like Hung-Beef. Work some of the Pate with Red Saunders, spread it into a flatness; and the other being white, lay them one on another; and when it is dried and cut fine, it will, at first sight, appear like Interlarded Beef.

18. * **MARCH** and April Dishes in Season. I. *The first Course.*

1. Asparagus Soup, Boil'd Veal and Bacon, Apple-Pudding, Lamb Roast. 2. *Or these;* Beef Griskins, Hogs Puddings, Lamb in Joints. 3. *Or these;* Turkey and Marrow-Bones, Chickens Frigacy'd, Stake Pye, Veal Roast.

II. *The second Course.* 1. Pigeons Roast, Omlet of Eggs, Oysters in Shells, Spinage Pasty. 2. *Or these;* Rabbits and Chickens, Solomongundy, Shred Venison, Lamb-stones, Sweet-Breads, Artichoke Bottoms Ragou'd. 3. *Or these;* Lamb Roast, Pease, Waters, Tarts.

19. * **MARENATED** Pullet.

Take a quart of Rice, two quarts of strong Gravy; stew soberly on a gentle Fire, but not boil: add to it an Onion stuck with Cloves, and a bunch of Sweet-Herbs; then put in a large Pullet, whose Belly let be filled with Forc'd Meat and Oysters, with half a pound of Bacon: Let these stew altogether till the Pullet is tender, and the Matter is about the thickness of a Hasty-Pudding; now put in fried Forc'd Meat Balls, and some Oysters, which you must stew with it: Take it up, beat the Yolks of 3 Eggs, and a quarter of a pound of Butter roud up in Flower; shake them well together, with the Juice of a Limon, and dish it, with the Fowl in the middle, and the Bacon and Forc'd Meat Balls round it. Garnish with Limon and grated Bread round the brims of the Dish, and so serve it.

20. * **MARMALADE** RED.

Take Quinces, D. L. S. of each 3 pounds; fair Water a quart; cut the Quinces in Quarters into fair Water, being cored, put the

the Water, Quinces and Sugar together, the Sugar being in fine Powder; boil them, taking off the Scum very clean: let them boil softly, till they are a little red colour'd; then boil them a little faster, till they be well colour'd, and tender enough. Take them off the Fire, put the Quinces into an earthen White-ware Bason, and with a spoon beat them to a Mass, with as much of the Syrup as you think will serve to boil withal again very fast uncovered, till it is thick enough, which you will see by holding a little of it in a spoon till it is cold. If it be somewhat thick, that you think it will cut when it is cold, you may box it, when you have beaten it, and set it on again: you must stir it continually for fear of burning. In the boiling you must cast in some of the Cores, and take them out again, when you beat the Marmalade.

21. * *MARMALADE of Grapes.* Take full ripe Grapes gathered in a dry day, spread them on a Table where the Air and Sun may come at them; after which pluck them from their Stalks, free them from their Stones, and then boil them in a Pan, scumming them the whilst, till a third part of the Juice is wasted: let the Fire be gentle; and when the Juice is thickned, strain it thro' a Hair Sieve: Boil it once more, adding a quarter part of *D. L. S.* or white Sugar-Candy in Powder; when well mix'd by a boil or two, put it up into proper Pots or Glasses for use.

22. * *MARMALADE Italian.* Take 30 Quinces pared and cored, cut them to pieces, put to them a quart of Water, and *D. L. S.*

two pounds: Boil till they are soft; then strain the whole Juice and Pulp, and boil them up again with 4 pounds of *D. L. S.* till 'tis of a sufficient thicknes.

23. * *MARMALADE of Oranges.* Pare the Oranges as thin as may be, and let them boil in two or three Waters till they are soft. Take double the number of choice Pippins, cut and core them, boil them to a Pap, without losing their Colour; strain the Pulp, and put a pound of *D. L. S.* to every pint; then take out the Pulp of the Oranges, and cut the Peel, and boil it till it is very soft; bruise it with the Juice of three Limons, and boil it up to a thickness with the Apple Pap, and half a pint of *D. R. W.*

24. * *MARMALADE of Prunes, Raisons, Currants.* Take the Fruit and put them into a proportional quantity of Water, and keep them over a gentle Fire till they become soft and pulpy; stone the Prunes or Raisons, put them into as much Canary as will wet them: mix them well, and press out the Pulp; boil it up with some slices of Quinces, strain it again, and put to each pound half a pound of brown Sugar-Candy in Powder, sprinkling in also *D. R. W.* Put it into well glaz'd Gallipots, dry it a little in an Oven, and keep it for use.

25. *MARRIGOLD Water and Confection.* This is an excellent Water for Inflamed Eyes, being dropt into them, it takes away the Inflammation and Redness; or a Rag dipped in it, may be applied to the Eyes with the same Success. The Flowers are very Cordial and Hepatick, they

provoke

provoke Sweat and the Courses : There is therefore an excellent Conserve made of them : Take of Marigold Flowers two ounces, Confession of Kermes and Hyacinth, of each two drams, the Powder of Pearl an ounce, and as much Syrup of Clove as will make them into a Conserve, by mixing and bruising them well together with a sufficient quantity of fine Sugar. Take of it about a quarter of an ounce Morning and Evening. It is a great Cordial for refreshing the Spirits, and a Preservative against the Plague and Pestilential Fevers.

Or you may make the Conserve thus: Take Marigold Flowers fresh gathered six ounces, Syrup of Limons two ounces ; beat them well together, to a Mash or Pulp : Being well beaten, add Syrup of Limons, enough to make it up into a fit Body for keeping.

26. MARRIGOLD Flower-Water : Take the Flowers of Marrigolds a quarter of a peck, and distil them in a cold Still ; then take a fine Linnen Cloth, and wet it in the Distilled Water ; this applied to the Forehead, helps Pains of the Head : The Eyes washed with it, removes Inflammations ; and drank in hot Diseases, is [very available and beneficial to the Party] griev'd.

27. MARJORAM Conserve : Take the tops and tenderest part of Sweet Marjoram, two handfuls or more, as you require a greater or lesser quantity of Conserve ; bruise it very well in a Wooden Bowl or Mortar ; add twice the weight in Sugar ; boil it up with Marjoram Water till the Sugar comes to the thickness of a Syrup ; then put in the beaten Marjoram and it will be a fine Conserve.

28. MARKS to prevent : In case of the Small-Pox, take Litharge in fine Powder, Ceruse washed in Rose-Water, of each an ounce ; Oil of Bitter Almonds and Oil of Eggs, of each an ounce ; Nightshade and Plantain-Waters, of each half an ounce, or so much as will make it into an Ointment, by Grinding it in a Stone Mortar, pouring to it sometimes of the Oils, and sometimes of the Waters ; with this anoint the Face and Hands when the Scab or Scurl is Green, and it will keep them from Pitting or Scars.

There is no Ointment better than this, to prevent the Marks of the Small-Pox, and to smooth the Skin : Take Oil of Ben, or Oil of Bitter Almonds two ounces, Sheeps suet one ounce, Saccharum Saturni, Sperma Ceti, of each two drams ; mix them, and therewith anoint three times a day.

29. MARMALADE of Apricocks : Take Apricocks, pare them and cut them into Quarters, and to every pound of Apricocks put a pound of Fine Sugar, put your Apricocks into a Skillet with half of the Sugar, let them boil very tender, and gently, and bruise them with the back of a Spoon till they be like a Pap ; then take the other part of the Sugar, and boil it to a Candy height ; put your Apricocks into that Sugar, and keep it stirring over a Fire, till all the Sugar is melted, but do not let it boil ; take it from the Fire, and stir it till it be almost cold ; then put it in Glasses, and let it have the Air of the Fire to dry it.

30. MARMALADE of Cherries : Take Cherries not too ripe, the fairest you can get, and having

having stoned them, lay them in a Preserving Pan over a gentle Fire, so that they only simmer, but not boil; take out a part of the Liquor, leaving only so much as will moisten them; and put in fine Sugar, and boil them up over a quicker Fire, bruse them well, and continue strewing more Sugar till the Colour is very good, then take them off, and being well incorporated, put them up into a Glass, or Glazed Earthen Vessel, and they will keep a considerable time; and being carefully look'd to and set dry, you will find it good for twelve Months.

31. **M A R M A L A D E** of *Cherries sharp Tasted*: Take four pound of Cherries without Stones, and a quart of the Juice of Currants, put them into a Preserving Pan, set them on the Fire, and break them to marsh; and when they are broke like Paste, and the Waterish part dried away, take three pound of good Loaf-Sugar, made into a Syrup, and boiled Candy-height; put your Cherries into it, set it on the Fire, and let it boil till it comes to a Body; then put it into flat Pots or Glasses, and when it is Cold, paper it up with wet Papers, and dry ones over them. Put but one pint of Juice of Currants to this quantity of Cherries and Sugar: This is the best Marmalade of Cherries.

32. **M A R M A L A D E** of *Cherries Rough*: Stone your Cherries, and put them into a Gelly-Pot, tie it up close, and put it into a Kettle of boiling Water; and when they are boiled to pieces, take them from the Fire, and have in readiness

some Fine Sugar boiled to a Candy-height, put your Cherries in, and heat them thoroughly over the Fire, keeping them stirring, but do not let them boil, and when they are enough, put them into Glasses.

33. **M A R M A L A D E** of *Cherries Smooth*: Boil them as you do the rough Marmalade, and strain them through a Sieve; then put to it the weight of fine Sugar, boil them together till they be enough.

34. **M A R M A L A D E** of *Red Currants*: This is an excellent way if well observed, viz. Take of ripe Currants when ripe and clean pick'd; squeeze out the Juice of some of them, and put the rest into it, adding the Juice of Raspberries; boil them together gently, and when the Currants that were whole begin to break, boil up an equivalence of Sugar to a Candy-height, and put in the Currants, letting them boil with the Currants again, and sprinkle into it D-R-W, when it comes to the thickness of a Marmalade, having taken off the Scum if it rises, put them into a Glazed Pot, being mash'd as they boil, till none of them remain whole; and so when this Marmalade is cold, slice it for your use, and it will prove of an excellent Taste, and is good to moisten the Mouth, and comfort the Stomach in Fevers, or other hot Diseases.

35. **M A R M A L A D E** of *Damascens*: Take about two Quarts of the largest Damascens when they are ripe, but not over ripe, paye off the Skins of three pints of them; put them into an Earthen Vessel, placing those you have not skinn'd

ned undermost, put as much fair Water as will cover them, into a Kettle or Pot; and when it boils, put the Pipkin or other Earthen Vessel into it, close stopped, so as the Water cannot get in; and when they are, by this way of Infusion tender, take off the other Skins, and Stones out of them all; then take their weight of Sugar, put it to the Pulp, and set them together over a Fire, till it boil apace; keep it clean scum'd, and when it is boiled to a height, put it into a Glass for your use.

36. **M A R M A L A D E** of Grapes: Take White or Red Grapes, as you design the Marmalade for Colour, let them be gathered in a dry day, and dry them afterwards on a Table, when they are separated from the Stalks; Raisons of the Sun, of each equal parts; boil them in fair Water, often scumming them, till the Water is reduc'd to a third part, and then let there be but a gentle Fire under them; when you find it thickned, strain it thro' a Sieve, boiling it once more, add a small quantity of Sugar, and so put it up when cool, and cover it close for your use.

37. **M A R M A L A D E** of Oranges and Limons: Boil the Rinds of them in several Waters, till they be very tender, beat them small with their weight of Pippins, then take the weight of all in Loaf-Sugar, add to every pound of Sugar a pint of Water; boil your Water and Sugar together, and make a Syrup; put in your Pulp, and boil it a good while till it be clear, and put in the Juice of some Oranges and Limons, so much as will give it a

fine Tasse; boil it a little longer till you see it will Gelly very well; then put it into Glass; and keep it in a reasonable warm place: This is a very good Cordial, and stops Rheum.

38. **M A R M A L A D E** of Oranges and Limons, another: Take six fair Sivil Oranges, pair off the outward Rind, as thin as you can; quarter them, and take out their Meat which you must save by it self; take your Quarter'd Oranges, and put them into boiling Water, shift them in three several Waters; let them all boil before you put your Oranges in, when they are very tender take them up; to this quantity of Oranges, take 2 or 3 Apples, pair them, and take out the Cores, boil them, then put them all into a Skillet, with the Meat of the Oranges strained into them, and the weight of all in Double Refined Sugar, so boil them till they are enough.

39. **M A R M A L A D E** of Oranges: Take the thickest Kind Oranges, pare them thin, and take their Meat from them; cut them into Quarters, lay them in Water three or four days, shift the Water thrice a day, then boil them in several Waters till they be tender; drain, dry, and break them into little bits, and to one pound of Oranges, take two pounds of Loaf-Sugar, a pint of Pippin-Gelly, half a pint of fair Water, and the Meat of the Oranges pick'd from the White, Skins and Seeds, with their weight of Sugar, and let them boil together.

40. **M A R M A L A D E** of Pippins: Take the best Pippins when they are newly gathered, and not too ripe, pare them, and

X z take

take the Core out, put to them their weight in fine Sugar, into a Preserving-Pan, and pour upon them as much Spring-Water as will cover them; boil them with a quick Fire, till you find them by Trial Gellied on a Plate when cold; then take it off the Fire, and put into it a little of the Scrapings of Limon - peel, and a like quantity of the yellow Rind of Oranges boiled tender, (casting away their first Water, to Correct their Bitterness, cutting them into narrow slices, and so bruising them a'l together into a Pulp, let the Substance cool in Earthen Pans or Pots, and set them in an indifferent dry place, strewing some Sugar over the Marmalade, and it will keep well a Year or two.

41. **M A R M A L A D E** of Quinces Red, Sliced: Take good Quinces, pare them, and cut them in thin slices, then have some Quince Liquor ready. To every pint of Liquor, add a pound of Loaf-Sugar, and as much of the slices as the Liquor will hand-somely receive, keeping them close covered; let them gently boil till they are of a good Red, and Gellied; you must not put too many slices in a Glass, for the Gelly must be seen clear between.

42. **M A R M A L A D E** of Quinces, White: Boil your Quinces in fair Water, till they be tender, take their weight in good Loaf-Sugar, wet your Sugar with fair Water, boil it almost to Sugar again, then put your Quinces into the Candy, and boil it up quick.

43. **M A R M A L A D E** of Quinces, White and Gellied: Take

one pound of the best and clearest Quinces you can get; pare, quarter and core them; take one pound of fine Loaf-Sugar, beat it, and lay your Quinces on a Silver or white Earthen Bason, strew the Sugar upon them, let them stand till the Sugar begins to melt, then set it on the Fire to boil apace, stir it for fear of burning too; when it is half boild put to every pound of Quinces a pint of Gelly, and half a pound of Sugar, boil it quick, and Pot it.

44. **M A R M A L A D E** the Spanish way: Take of ripe Pear-Quinces, pared and cored, fifteen pound, fine white Sugar three pound, a quart of fair Water, stew them over a gentle Fire, and as they grow dryer, add a little Rose-Water, and White-Wine or Canary, as the Scent best pleases; squeeze out the Juice and Pulp, and put to it four pound of Sugar more, a little more Rose - Water and Orange-Water, try it on a Plate, and if it comes clean off, it is sufficiently enough; then take it off, and let it cool, put it in Boxes, and strew over some Perfumed Comfits, and keep it close for use.

45. **M A R M A L A D E** of Wardens: Bake them in an Earthen Pot, cut them from the Core, and beat them in a Mortar; take their weight in fine Sugar, and boil it to a Candy-height with a little Water, then put in your Pulp with a little beaten Ginger, and boil it till it comes from the bottom of the Pofnet. After this manner you may do Quinces, if you please.

46. **M A R**

46. **MARMALADE** *White* :

Take six pound of Quinces, pare and core them, and then boil them to a Pulp, put to it two pound of Sugar moistned well with the Juice of Quinces ; boil them gently together at first, till the Liquor be swelled out of the Quinces, and the Sugar dissolved, and all come into a convenient thickness, and so put it up for your use.

47. **MARROW**, a fine Dish :

Take the Marrow of two or three Bones, cut it square like Dice, and put it into a Penny Manchet grated fine, with some Dates cut in halves, and a quarter of a pound of Currans, and seven or eight spoonfuls of Cream, roasted Wardens, Pippins or Quinces sliced, and two or three Yolks of raw Eggs: season them with Cinamon and Ginger, bake them, and serve them up.

48. **MARROW-PASTY** :

Take six Marrow-Bones, some sweet Marjoram, Winter-savory, Thyme, a little of each, a quarter of a pint of Rose-water, half a pound of Currans, a large Nutmeg, the Yolks of six Eggs, half a pound of Sugar, work all together, and put it into a little Puff-past Pasty; then fry them with tried Suet, or Lard.

49. **MARSH-MALLOWS** :

Though these are very common, yet they are of much Virtue and Value in their use, viz. The Leaves sod in White-wine or Milk, and eaten take away Hoarseness; and being beaten with Sage-leaves, make a singular Pultice for Wounds, Bruises or Inflammations: They also are good against the Biting of any venomous Creature, being applied Pulticewise with Leeks and Oni-

ons stamped very small. The Juice, if dropp'd in the Ear, appeaseth the Tingling, Singing, or Buzzing Noise in the Head. The Herb and Root boiled till the Decoction seem somewhat clammy, and sweetned, viz. the Liquid part, with a little Honey, is successfully given to Women, to restore Strength, after a hard Labour in Child-bearing. The Seed, if poulder'd and drank with Red Wine, prevents excess in Vomiting. Six ounces of the Juice of Mallows, sweetned with a little Sugar, extreamly removes Melancholy.

50. * **MEAD**. Take Water six Gallons, Honey one Gallon; mix them well together, and boil for an hour, taking off the brown Scum only, but stirring the white Scum in it: let it stand till it is little less than Blood warm. Take a Crust of brown Bread well toasted on both sides, which spread all over with new Yest, strewing a little Flower upon it; put it into your Liquor, and turn a Wooden Dish or Bowl upon it; let it work a day or two. If you bruise a little Galingale, and hang it in your Vessel, or boil it in it, it will give it a pleasing Taste. By abating a Gallon or more of the Water, you may make the Mead stronger.

51. * **MEAD**. Take 12 Gallons of Water, six Whites of Eggs, which mix well therewith: Honey 20 pounds; boil it an hour; and when boiled, add Cinamon, Cloves, Ginger, Mace, Rosemary: When cold, put to it a spoonful of Yest, and Tun it up, keeping it filled up as it works; when it has done working, stop it up close; and when fine, Bottle it up. Or thus, (which is said to be the **FINEST MEAD**. Take Virgin Honey, or the Best Ho-

ney, pure fair Water only so much, that when the Honey is perfectly dissolved in it, an Egg will not sink to the bottom, but easily swim up and down in it; boil for an hour or more, and by that time the Egg will swim above the Liquor; then let it cool. The next Morning barrel it up, adding to the Proportion of 15 Gallons, Ginger an ounce, Cinamon half an ounce, Cloves and Mace, of each an ounce, all of them grossly beaten (for if they be fine, they will always float in the Mead, and make it foul.) Put the Spices in when cold, adding also a Spoonful of Yest at the Bung-hole, to increase the Fermentation, not letting it stand too cold at first, till the working is as it were over; after which stop it up close; and after a Month or two (the longer the better) bottle it. By the floating of the Egg you may judge of its Strength, and you may make it more or less strong, by adding more Honey or more Water.

52. MEAD to make. Take Sawm, Rosemary, Marjoram, Limon Thyme, of each one handful; Bugloss and Borrage, of each four handfuls; boil these in two Gallons of Water, put in the two last a little before you take the Water from the Fire; strain it, and let the Liquor stand all Night and settle; to every Gallon of Water take three pound of Honey, boil it and scum it, while any Scum rises; then take a quarter of a pound of the best Ginger, twenty Cloves one ounce of Nutmegs, put the Spice into a Bag, tie it up, and put it into the Liquor to boil; a little before it be taken off the Fire. Pour out the Liquor into a clean Vessel, and put thereto a pint of Ale Yest, cover it with a Blanket, and a Sheet under it, while it is working; and when it hath worked after the manner of Ale, let it be Tuned,

and stand close stopped together with the Bag in the Vessel for six Weeks, then Bottle it with a lump of Sugar.

53. MEAD White. Take Rosemary, Thyme, Sweet-Brian, Agrimony, Wood Betony, Eyebright, Roman Wormwood, and Scabious, of each a like quantity, viz. the sixteenth part of a handful each; cover them with Water in a wooden Vessel open at the top, and let them steep a Night and a Day, and then boil them very well in another Water, till the Colour be very high, and in another quantity of Water boil them up till the colour looks green; and so let it boil as long as any greenness continues, with the Herbs in it, let it stand a Day and a Night; to every gallon of Water, put two pound of clear Honey, the Liquor first strained from the Herbs, and when it will bear an Egg to Three pence breadth above Water, work it together until the Honey is quite dissolved; after a Night's settling boil it again a quarter of an hour with the Whites and Shells of six Eggs, strain it: let it cool, and put up with it Cloves, Mace, Nutmegs, and Cinamon bruised together, being hung in the Cask in a Bag; and if you require it to drink very speedily, take the Whites of two or three Eggs, a Spoonful of Yest, and two Spoonfuls of Wheaten-flower; beat them together; put them into the Cask; and when it has worked, stop it up with Clay and Bay-salt well tempered, and so it will keep long.

54. MEASLES: Take a scruple of Saffron, put it into a Rag, and tying it, infuse it in Posset-Ale, and then press it; or it may

may be done in Mace-Ale, or White-wine, till all the Virtue of the Saffron is extracted in the Liquid; let the Party drink it, keeping very warm: And if in this Distemper, or the Small-Pox, (for it is good in either) there is a foreness in the Throat, do thus:

55. * **MEASLES.** Take half a dram of Saffron, tie it as the other in a Rag, and boil it in half a pint of new Milk till the Milk becomes very yellow, then moisten with it a Stay of Linnen, and put it wet and warm under the Throat where the Sore is; and when that is cold and dry, put on another so ordered; and this will in six or eight hours take away the Pain, or Soreness, drinking also the Milk.

You must be sure to prevent a Flux of the Bowels, and keep the Patient in a continual breathing Sweat, by giving proper Sudorifics and Antidotes, as Treacle-water, Bezoartick-Water and the like; as also Mithridate, Venice-Treacle, our new London Treacle, &c. I constantly give every Night going to Bed, 20, 25, or 30 drops of my Gutta Vitæ, in a Glass of some Cordial Water, or Middling Sort of Ale, and every Morning a quarter of a Spoonful of my Aqua Bezoartica, in Ale or Posset-Drink also, and in all the Drink or Posset Drink they take in the Day time, I give 10 or 12 drops of my Spiritus Anticolicus; by observing this Course in the Measles and Small-Pox; I never fail of the Cure; and I believe I have cured above Two Thousand several Patients in my time of those Diseases, and never had yet the ill Fortune of having one

of those Patients to miscarry under my Hands.

56. * **MECONIUM.** It is the condensed Juice of Poppies. 'Tis said that the *Opium* which we use in *England*, and all over *Europe*, is only the expressed Juice of the *Oriental Poppies*, which is brought to its Consistence by a gentle Evaporation, and then wrapt up in Leaves to be sold here; and that the *Turks* keep the Tears of the *Wounded Poppies*, which is the *True Opium*, and will not expose it to Sale. This may be in part true, but how far I cannot tell: But notwithstanding all this, I am apt to believe that we have true *Turkey Opium* sold in our Druggists-Shops; and you may have also there *Meconium*, which some call *German Opium*, and is only the express'd Juice of Poppies condensed, which may be given in Double Dose to the *True Opium*. Also the Excrements of a *Fœtus*, which sticks to the Intestines after-birth, from the blackness of their Colour, are called *Meconium*.

57. **MEDICINE** for Coughs, &c. Take a large handful of Ground-Ivy, commonly call'd Alehoof, wash it clean, and dry it well by swinging in a Cloath, shred and bruise it a little in a Mortar, boil it in a quart of strong Ale to the Consumption of a pint, and drink it hot in the Morning fasting. This cures Pains and Inflammations, Defluxions in the Eyes, and is good against the Jaundice and Coughs of the Lungs, Consumption, Stone, and Gravel, Obstruction of the Liver and Spleen; and, according to the Learned and Judicious Sir *Kenelm Digby*, being applied to a Felton like a

Cataplasm, it cures it by ripening and kindly breaking it, being admirable likewise for old Sores that want cleansing, if a little Honey and Copperas be mixed with the Juice.

58. * **MEDLINE** for Coughs. If the Cough is vehement, Balsam of Sulphur is much commended, dropping 20 drops of it into a Spoonful of Sugar, and mixing them well together, then adding to them half a pint of Posset drink, and so drinking all off; this may be done as often in the day time as the Cough returns; and at Night going to Bed, to take of our Volatile or Specifick Laudanum à gr. ij. ad vj. repeating it every Night till the Cough is overcome. Those that cannot take Balsam of Sulphur, may take Flowers of Sulphur a Scruple at a time, made up into a Bolus with Barbadoes Green Ginger, and a few drops of the Syrup: Or instead of this, the Patient may take half a Spoonful of our Tinctura Mirabilis in a Glass of fair Water and Sugar, which will stop the Cough upon the spot, and in a few Days time taking it, will perfectly do the Cure, taking the Laudanum as aforesaid every Night going to Bed.

59. * **MEDLARS** to Preserve: Scald them in Water till the Skin may be easily taken off; stone them at the Head, and add to each pound of Fruit a pound of D. L. S. and a pint of Tent: let them boil till the Liquor becomes a Syrup; then take them off, and keep them for use.

60. **MEDLARS** to Preserve: Scald the fairest of them, when indifferently Ripe, till the Skin may be easily taken off; stone

them at the Head, and add to each pound of them a pound of fine Sugar dissolved in the Liquor till it become rosey: then take them from the Fire, and put them up in a close Pot for your use.

61. **MEGRIM** or *Vertigo*. Take Aron-roots, cut them small, and steep them in White-wine 12 Hours; pour fresh White-wine upon them, and steep them a considerable time; then dry and reduce them to Powder. Take of this Powder two ounces, Crab-Eyes, Cinamon, of each half an ounce; make these into a Mass, keep them close stoppt, and take a dram at a time in an ounce of Mint and Betony-water. This is a good Cephalick, and excellent, especially against the before-mentioned Grievances: It also removes Coldness and Weakness of the Stomach, Wind, Stone, Quartan-Agues, and all tartarous Obstructions: The Dose, to a strong Body, may be augmented to two drams. Take it in Canary. Purge first with our *Pilula Cathartica*, and repeat the purging with the same every fourth or fifth Day: mean season, in the intervals of Purging, bathe the Head Morning, Noon, and Night with the Powers of Amber, doing it very well, and rubbing it well in, and let the Patients snuff some of it up their Nostrils three, four, five or six times a day, as you see occasion requires: and every Day take of the following Mixture inwardly in a Glass of Ale, or White Port-Wine, and sometimes in Posset-drink. Take Powers of Rosemary, of Lavender, of Oranges and Limons, of each three ounces, mix them. Dose half a Spoonful, first in the Morning fasting.

fasting, secondly at ten at Noon, thirdly at four in the Afternoon, and lastly at Night going to Bed.

62. **MELACOTONS** to Bake : Wipe them clean, and put them in a Pye made Scollopwise ; put them in whole, with their weight in D. L. S. close it up ; and when it is baked, ice it over with Sugar and Rose-water : Sometimes, for change, you may add small bits of Cinamon, or whole Cloves, and sliced Ginger.

63. **MELANCHOLY** : Spring and Fall purge with Mechoacan-Ale, or some such like easie Purg-
ing-Ale, for the space of a Fort-
night ; then purge every third
day with our Elixir-Vitz, taking
about six or eight spoonfuls at a
time mixed with a Glas of Ale.
Or else purge with this : Take
White-wine a quart, choice Sena
a full ounce, Liquorice bruised
half an ounce, Salt of Tartar
two drams ; mix and make an
Infusion for two or three hours
in the Wine scalding hot ; then
strain out. This will serve for
four Doses ; and let all their
Drink be Fumitory Ale, putting
twelve good handfals into four
gallons of new Ale ; and so let-
ting them work together.

64. **MELANCHOLY**, a Diet-
Drink : Take Fumitory and Hops be-
fore they are ripe for gathering, Bor-
rage, of each a pound ; boil 'em in
two gallons of Spring-water, till
they come to the Consumption of half ;
strain out the Liquid part, and
sweeten it with Sugar-Candy, or Ho-
ney, and let it stand about eight
days to settle and digest, and drink
a moderate Draught of it in the
Morning fasting, and the like at
Night when you go to Bed, and
it will much enliven the Spirits,
and remove the causes of Melan-
choly.

65. **MELANCHOLY**, a Diet-
Drink against it: Take Fumitory,
Borrage, Bugloss, Hops, Dodder of
Hemp, or Nettles, of each three hand-
fals ; Epithymum three ounces ; Po-
lypody four ounces : Put all into a
Bag with a Stone in it, which put
into four gallons of new Ale, letting
them work together, and then drink
it as common drink.

66. **MELANCHOLY** to Suppress.
Take Epithymum, Fumitory, the
Flowers of Bugloss, and Borrage, of
each a quarter of a pound, Sena half
an ounce, Polipodium of the Oak an
ounce, Fennel-seeds two drams, Whey
three pints ; infuse them three hours,
and then boil them to the Consump-
tion of a quart, whereunto add two
ounces of the Syrup of Roses : Drink
half a pint of it warm in a Mor-
ning, strained and settled ; and
in two or three times taking, you
will find wonderful Ease and
Comfort : And so, as often as you
find your self oppressed with
Melancholy, use it in the man-
ner prescribed.

67. **MELONS** : They are cold
and moist. Take of the Seed, and that
of Pompion, of each half an ounce, the
Seeds of white Poppies two drams,
and eight Almonds blanched ; beat
them in a Mortar, mix them with a
pint and half of Barley-water, strain
and sweeten it with fine Sugar, and
make an Emulsion for the Heat of the
Urine.

68. * **MELUSTUM**, Melossos,
or Grocer Treacle. It is the Fæces
or Fæculency of Sugar, separa-
ted in the making thereof, as
black as Ink, and of the Consis-
tence of New Honey, and cal-
led *Mel ustum*, as if it was burnt
Honey. It is not wholesome to
be eaten alone, because it is apt
to give Gripings and Fluxes of
the Bowels ; but an excellent
potable

potable Liquor or Drink may be made of it thus. Take Water as much as you please, dissolve in it as much Mellosses as an Egg may swim above in it, boil a little; let it cool, and with a little Yest or Leven cause it to ferment; which done, Ravel it up, and when fine, you may drink it, or bottle it up: If you suffer it to grow Acid, you may distil an Inflamable Spirit or Brandy from it, not inferiour to that distilled from Wine. You may also make a Wine of it after this manner. Take of the former fermented Drink 63 Gallons or a Hogshead; of a pure fine and good Sugar Spirit 20 quarts: mix them well, observing all the Orders as in making CIDER-ROYAL, so will you have an extraordinary finer Wine, which will keep along time good without growing sowre. This may be for Common Use; but if you would have it stronger, you may first double the Strength of the fermented Liquor, and then add half as much more or double the quantity of the fine Sugar Spirit; so will you have a Wine not much inferiour in strength and pleasantness to Canary.

69. * MENSTRUUM *Pera-*
cutum. It is mentioned by Mr. Boyle, and is made by drawing off Spiritus Nitri several times from Butter of Antimony. He says that by help of this, he was able, without a very violent Fire, and in a few hours, to elevate a good quantity of Crude Gold. Now Menstruum signifies a dissolving or extracting Liquor, and is given by Chymists, to such Liquors as are used to those Purposes; and because their Operations were commonly performed in 40 Days, which they call a Philosophical Month, from thence came the Name Menstruum, which

now is the general Term for any dissolving or extracting Liquor; and these Menstruums are some of them called proper, as Aqua Regalis, for the dissolving of Gold, Aqua Fortis, for the dissolving of Silver, Spirit of Wine for dissolving Resinous Bodies, Water for the dissolving Salts, Gums, and Aqueous Bodies, &c.

70. MERCURY Water for the Face. Take an ounce of Corrosive Sublimate in fine Powder, put it into a broad Pewter-Dish, and put to it two pints of Spring-water; stir it well together with a Wooden Spatula for half a quarter of an hour; let it stand and settle, pour the clear into another Pewter-Dish, and stir it just as you did before and let it settle again; Thus do till the Water hath been four times in the Dishes, and that it look clear, then it is well killed; make the Dishes clean always with brown Paper, let it stand in the Dishes an hour every time, and put it into an Earthen Pan; blanch three quarters of a pound of Jordan Almonds in cold Water, which must be done, letting them lye so a day, beat them in a Marble Mortar fine, putting in some of the Water a little and a little at a time, till they are pure fine; then put in the rest of the Spring-water, which must be in all a pint; strain it, and put it to the other Water, put in six spoonfuls of the Juice of Lemons strained, half an ounce of Camphire beaten fine; three ounces of white Sugar-Candy beaten fine, and Nine Whites of Eggs well beaten, so to stir it well together and put it into Glasses; this will keep good seven Years: Keep it in a cool Place and shake it some times; this is good to clear and smooth the Skin, and to kill Heat; when you first use it you must wash four or five times

times in a Day, and always let it dry in, but after three Weeks is past, Night and Morning will be enough; at the first it may make some Persons Skins look Red, peel, and smart; but afterwards it will be no trouble at all; do not wash any Pimple that hath the Skin broken; if you cannot get Sublimate ready beaten, be sure to stop your Nose and Mouth whilst you beat it.

71. **MERMAID-PYE**: Take a Pig, scald it, and bone it, and having dried it well with a Cloth, season it with beaten Nutmeg, Pepper, Salt, and chop'd Sage; then take two Neats-Tongues, when dried and cold after boiling, and slice them in lengths, and as thick as a half Crown, and lay a quarter of your Pig in a square or round Pye, and the slices of the Tongue on it; then another quarter, and more Tongue; and thus do four times double, and lay over all these some slices of Bacon, put in some pieces of Butter, then bake it; and when it is so, fill it up with sweet Butter.

This Pig, or Mermaid-Pye, so called, is to be eaten cold.

72. * **MESENTERY**: It is the Membrane of the Peritoneum doubled; enriched with Glandules, Nerves, Arteries, Veins, Chyliferous Vessels and Lymphaducts. It is in the middle of the Abdomen, continues and holds fast in their places, the Intestines in a wonderful manner: It has a great Glandule in the middle, called *Pancreas Aselli*, about which are several other lesser Glandules, to which the Milky Vessels of the first Rank tend from the Intestines; and to which the Lymphaducts come from

the Liver and other parts: From these Glandules again the *Lacteal Vessels* of the second Rank ascend, to the Vessel which carries the Mass of *Chyle*, and discharges themselves into it.

73. **METHEGLIN**, its *Virtues*: Metheglin has been highly held in Esteem in this Nation, and is of excellent use among us, if rightly made; nor can it be otherways, since Honey, its principal Ingredient, is the Collection of so many Herbs, Plants and Flowers; and no doubt the Quintessential part of them. It's an excellent Pectoral, good against Consumptions, Phthisick, and Asthma: It is Cleansing and Diuretick, good against the Stone and Gravel: It is restorative and strengthening, comforting the Vital Parts, and affords good Nourishment. To make it then, take these following Rules.

74. * **METHEGLIN**: Take Fair Water 60 Gallons, Bay-Leaves, Bawm, Hops, Ginger, Orrise Roots bruised, Savory, Thyme, of each half a pound; let them scald in the Liquor in a simmering heat, (but not to boil) for 2 hours: clear the Liquor from the Ingredients, and to every three Gallons put one Gallon of Honey, boil them (but not too fast) scumming it very clean, so long as any will arise, especially the latter Black Scum; cool the Liquor, and put it into a Tub, where let it stand for some 2 days; put to it a Quart of good New Ale Yest, stir them together, and let them rest a day or two to Work: Fleet off the Yest, and stir it again, letting it rest another day: Scum off the Yest again, and so Turn it up, put it into a Cellar, and cover up the Cask slightly; as it works over, fill it up with the same again; and

and when it has done working, stop it up close, but have a Vent hole by the Bung, to give it Vent sometimes. Some Clarify the Water and Honey when boild, with Whites of Eggs, Shells and all beaten together, then strain out and cool; and afterwards work it up, (to every two Gallons) with Whites of two Eggs, two spoonfuls of Yeast; beat all together, stirring it every hour; and the next day they add the Whites of four Eggs, and two spoonfuls of Wheat-Meal, beaten together, and so Tun it up, hanging in it in a Bag, a little Cinamon, Cloves, and Ginger bruised, which when it has done Working, they stop close up.

75. * **M E T H E G L I N**, another Recipe: Take choice Honey, and put to it so much Spring-Water, that when the Honey is dissolved in it, an Egg will swim on the top of it, boil it so as it may be very well scum'd; let it cool, and the next day it may be Barrell'd up. To every 15 Gallons, add 4 ounces of Jamaica-Pepper, Cinamon, Cloves, Clove-Bark, Ginger, Mace, Nutmegs, Orrice-Root, Winters-Bark, of each an ounce, grossly bruised or beaten; Savory, Thyme stript off their Stalks, of each two ounces; and add also at the Bung-hole a Spoonful of Yeast, to increase the Fermentation, which it will do, if it stands not too cold; when it has done working, stop it up close, and letting it stand for a Month or two, you may bottle it off, which being set in a cold Cellar, will become a pleasant Vinous Liquor, and the longer it is kept the better. Where Note, That some advise, in the first boiling of the Honey and Water, not to scum it, because they say if the Scum be left with it, it will be of use, and

a help to the Fermentation, making the Liquor afterwards to become more pure, clear and brisk.

76. **M E T H E G L I N**, A New way: Take Hyssop, Agrimony, Burnet, Wild Thyme, Bawm, Mint and Fennel, Rosemary and Angelica, and other suitable Whole-some Herbs that have Strength in them, of each about a quarter of a handful: Boil them in a sufficient quantity of fair Water, till tender; press out the Water, and let it stand a Day and a Night to settle; draw off that part which is clear, and put two Quarts of Honey to two Gallons of it, and so proportionably; let it boil an Hour, keeping it clean from the Scum; set it a cooling, and being cold, add a little Ale-Yeast; and put it into a convenient Vessel, covering the Bung with a wet Cloth; and when it has Worked, at three Days end take off the Yeast, or leave it behind, by Drawing it off, and putting it into another Vessel, in which it must have Vent for three days longer; then stop it up close, yet when you hear it make a Noise, you must give it Vent with a Piercer, or else, if it force not out the Cork, it may happen to break the Vessel: If you think convenient, you may make a Bag, and put in good store of Ginger sliced, also Cloves and Cinamon, suffering it to hang and infuse so, as not to touch the bottom, and at two or three Months end, you may, if you think fit, draw it off.

77. **M E T H E G L I N**, another way: Take Spring-Water, and boil it with Rosemary, Sweet Marjoram, Sage, Bawm, and Sassafras, until it has boiled three or four Hours, the whole quantity of Herbs not needing to exceed one handful to a Gallon

of Water, of each an equal proportion ; when it is boiled sufficiently, set it to cool, and settle a whole Night, strain it, and add Honey the best ; then set it over the Fire, and take the Whites of twenty or thirty Eggs, beat them very well, and when it boils, pour them in at twice ; stir it well, and let it boil apace before you Scum it : After it is Scummed, take it off the Fire, and pour it into any Earthen thing to cool ; and being cold, put five or six Spoonfuls of New Ale-Yeast to it, stir it together, and every Day scum it with a Bundle of Feathers till it has done Working, and so put it up into a Cask, (if you can get such a one,) that has had Sack or Malaga in it ; and to every Gallon of Metheglin put a Quart of Sack, or one Pint of Aquavite, a quarter of a pound of sliced Ginger, and two or three Peels of Limons and Oranges in a Bag.

78. **METHEGLIN** Physical : To order and prepare this, Gather the Herbs under mentioned in July, choose to pick them on a dry windy day, if any such happen, and keep them drying till the Michaelmas following, viz. Saxifrage, Agrimony, Centory, Thyme, Betony, brown Mint, and the tops of Rosemary, of each a handful ; boil them in Spring-Water, till the Herbs have much altered the Colour ; take it from the Fire, and cool it ; put into the Water when it is a little warm, about three pounds of Honey-Combs, temper and mix them well together, and so run the Liquid part thro' a fine Sieve, or Strainer ; then to try its Strength, put in a New Laid Egg unbroken, and if it bear it not, you must put in more Honey till it will ; strain it again, and boil it over the Fire a little, keeping it clean Scummed, and so being cold, put it up into a Barrel ; and when it has

done Working, stop it close up, and draw it not off in two Months, it will Purge Melancholy, much revive the Spirits, Comfort and Strengthen the Heart, purge by Urine, and gentle Breathing Sweats ; and keeps the Party moderately drinking of it, in a Healthful Constitution of Body.

79. * **METHEGLIN** White : Take running Water twelve Gallons, Leaves of Rosemary, Sage, Savory, Thyme, of each two handfuls, Carraway and Coriander Seeds, of each bruised two ounces, Jamaica-Pepper bruised 3 ounces ; Clove-Bark, Cinamon, Ginger, Mace, Nutmegs, Winters Cinamon, of each bruised, one ounce ; put all these into a Net Bag, and simmer them in the Water for two or three Hours, not letting it boil ; then add so much Honey, as being dissolved, an Egg will swim on the top of it ; boil a Walm or two, and so let it cool ; when almost cold, put in half a pint of New Ale Yeast, and let it Work till you perceive the Yeast to fall ; then taking out the Bag or Net of Spices, Tun it up, and let it Work in the Cask, till the Yeast has done rising up, filling it up every day with some of the same Liquor : hang in it (in a Net Bag,) Cloves Mace, Nutmeg, Winters Cinamon, of each (only bruised) an ounce ; stop it up, and when Fine you may Bottle it off. The best time to make it, is a little before Michaelmas ; and it will be an excellent Drink about the beginning of the Spring.

80. **METHEGLIN** White, another : Take Sweet Marjoram, Sweet Briar Buds, Violets and Strawberry-Leaves, of each a handful ; a handful of Violet Flowers, the Double ones if they can be got ; broad Thyme, Borrage and Agrimony, of each half a handful ; and three or four tops of Rosemary ; the Seeds of Carraways, Cori-

Coriander and Fennel, of each two Spoonfuls, and three or four Blades of large Mace: boil these in eight Gallons of running Water three quarters of an Hour, scum it and strain it; and being lukewarm, put as much of the best Honey to it as will make it bear an Egg, the breadth of a Six-Pence above the Water; then boil it again, so long as any Scum will rise, so set it to cooling: and when almost Cold, put in half a pint of Ale-Yeast; and when it has wrought till you perceive the Yeast to fall, then put it up, and suffer it to Work in the Cask till the Yeast has left rising, filling it up every day with some of the small Liquor; and stopping it up, put in a Bag with a sliced Nutmeg in it, a few Cloves, Mace and Cinamon, all unbruised, and a Grain of Musk. The best time to make it, is a little before Michaelmas, and it will be excellent to Drink towards the beginning of the Spring.

81. **M I C E** to Kill: Take Hemlock-Seed and cast it into the Holes where they usually come, and they will eat it greedily, it certainly Kills them.

82. * **M I L K** to Dry up: Bathe the Woman's Breasts with the Decoction of Colewort-Leaves, and anoint them with the Juice of Plantane, and the Business will be effected.

In this Case, things Cooling, Drying, and Repercussive ought to be used: You may Bathe the Breasts Morning, Noon and Night, with Lac Virginiale pretty warm, Fomenting them for a quarter of an hour at a time; which done, anoint them with Oil of Poppies by Expression; or if that cannot be had, with Oil Omphacine, which is Oil of unripe Olives, and then lay over all Emplastrum Diapalma; do this every day, for

some few days, and the Work will be very safely done; more especially if the Patient is two or three times Purged with Sal Mirabile, which carries off the Aqueous Humours that breeds Milk.

83. **M I L K** to Increase: Take Aniseeds, Liquorice, and Fennel Seeds, which boil in Posset-Drink. Some hold that the Forehoof of a Cow burnt to Powder, and a Dram taken Morning and Evening in a Glass of Canary, with the Yolk of an Egg, rarely fails; or for want of these, Lady-Thistle boiled in Milk, and the Milk drank warm; or Fennel-seeds, and Cumin-seeds, bruised and boiled in Barly-Water, has the same Effect; likewise a Coney-Skin, or Hair-Skin, the Flethy Side being laid on the Breasts when green.

84. * **M I N C E D - P Y E S**: Take the Flesh of a Leg of Veal par-boil'd, Beef-Suet, of each a like quantity; mince them very small together, add three pounds of large fair Currants, a pound of Raisins of the Sun slit and stoned, Cinamon in powder, half an ounce, three Nutmegs grated, Carraway Comfits 2 ounces; D. L. S. a quarter of a pound or more; and a little Salt; when the Pyes are Baked, put into them a mixture of choice Sweet Butter melted with some Canary, D. R. W. and a little Lime-Juice, or Juice of Limons, well shak'd together.

85. * **M I N C E D - P Y E S**, with Neats Tongues: Take a fresh Neats Tongue, which mince (hot or cold) small, Beef-Suet 4 pounds, which mince small by it self; mingle them together, and season with an ounce of Cloves and Mace, beaten, some Salt, half a preserv'd Orange, and a little Limon-Peel very small sliced; to
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which add choice large Currants four pounds, a pound of slit Raisons of the Sun, a quarter of a pint of Canary, a little Lime-juice, or Verjuice, and D. R. W. Stir all well together, and therewith fill your Crusts, which bake in a gentle Oven.

86. MINCED-PYES: Take a large Neats Tongue, parboil it; then cut away the Roof and peel it, weigh it, and to three pound of Tongue take five pound of Beef-suet, cut the Tongue in thin slices, and shred it, but shred the Suet by it self; when they are both pretty fine, put in the Suet by degrees, keep shredding them both together till they are as fine almost as Flower, then put in three pound of Currans, being first clean washed, pick'd and dry'd, Cloves, Mace, Nutmeg, Cinamon, beat very fine, of all together three Quarters of an ounce, half a pound of White Sugar, a pound of Dates ston'd and shred small, three ounces of green Citron, three ounces of candied Orange, cut into small thin bits, the yellow Rind of two raw Limons grated, three spoonfuls of Verjuice, a Gill of Malaga Sack, half a Gill of Rose-water; these being well mingled, fill your Pyes; have a care they do not stand too long in the Oven to dry after they are just enough.

87. MINCED-PYES to Season: To do this, take the Meat you design to make them on, minced finely; when parboiled, let it lie pressed all Night, put two pounds of Beef-suet, minced small, to every pound of Meat: mix them very well together, and take half an ounce of Cloves and Mace beaten, half an ounce

of Nutmegs, the like weight of Cinamon, and a little Salt, five Pippins minced small without the Core, a Limon-peel scraped, and a quarter of a pint of Rose-water, a pound of Dates, half a pound of Sugar, a pound of Raisons of the Sun, two pound of Currans; mix them well together, and put them to every pound of Meat and Suet.

88.* MINERAL-CRYSTAL: Dissolve Nitre when pretty well reduced to a smallness before, in Damask Rose-water, evaporate it, and then filter warm through a brown Paper, on which Rose-leaves are strewed, moistned with a little Spirit of Sulphur. with a few grains of Musk and Ambergrise, and so let it crystallize, and it will become a delicate Mineral Crystal, pleasant in Colour and Smell, being endued with all the Virtues of exalted and pure Nitre. It is a true Anodyne, and an excellent allayer of Thirst, extinguishing the preternatural Heat of all manner of Fevers. It is a peculiar and special Antidote against the Plague, and all manner of Pestilential Infections. It removes Stoppages of the Urinary Parts, and provokes Urine, gives ease in the Quinsie, in hot, sharp, and scalding Urine, and Gonorrhoea; and for these Purposes, it is best to take a dram of it in Wine sweetned with Sugar.

89. MINT: This is meant of the sort of Garden Mint. Its Virtues are very many, viz. Beat it and lay it to the Stomach that is weak and wants digestion, and it comforts and fortifies it. It is a Sovereign Herb to restore the Smelling and Feeling to those, wherein they are much decayed; for the first, being often held to the

the Nose, and for the other, the Decoction of it very strong applied to the numbed part. The Leaves dried and poudered, given to young Children, kill and bring away Worms: The Juice drank with Vinegar stanches Blood; and with the Juice of sowre Pomegranates, restraineth Vomiting, Hicoughs, and Cholick-Passions. This Mint, with Rose-water, and grated Nutmeg, laid on the Forehead, asswageth the Head-ach; and laid on the tender Dugs full of Milk, it easeth the Pain of them. Applied with Salt, it is good for the Bitting of Mad Dogs: And the Juice of it mixed with Honey, dissolved in Water, being dropt into the Ears, easeth the Pain of them. The whole Herb distilled in a glass Alembick, in Balneo of Sand, four ounces being drank, stayeth Bleeding at the Nose. Those that affect much Milk, to prevent the curdling of it in their Stomachs, would do well to chew Mint in their Mouth, and swallow the Juice after it. If cheese be sprinkled with the Juice, or Decoction of it, it will keep it from Corruption or Rottenness.

90. **MINT Syrup.** Take about a pint of the Juice of Quinces when they are almost ripe, the Juice of Pomegranates half as much, Juice of Mint a quart, red Roles two ounces; steep them in the Juices twenty four Hours, then boil it half away, and strain out the rest, and with D. L. S. make it into a Syrup.

91. **MINT Water.** Take Bawm, Pennyroyal, and Mint, of each a handful; Canary-Lees, a gallon; and after the Infusion of

twenty four Hours, put them into a Pewter Still, or Copper-Alembick, and keep a quick Fire under it; cover the Still with wet Cloaths, and then distill it over again, putting into the Receiver so much fine Sugar as may conveniently sweeten it.

This is Excellent in Fevers, or any hot pestilential Disease. It comforts the Heart, and strengthens the Memory, and given with Syrup of Liquorice, is good for Obstructions of the Lungs, and Difficulty of Breathing.

92. **MIRTH to Cause:** Take Cardamoms, Cinamon, Cubebis, Cloves, Galangal, Ginger, Mace, Nutmegs, Pepper, of each one ounce; Saffron two ounces, Angelica, Bawm, Lavender, Mint dried, of each a handful; Winters-Cinamon nine ounces: Bruise what are to be bruised, and put upon them choice Brandy six quarts, fair Water eight quarts; digest for a Week warm, then in a Copper Alembick with its Worm, with a gentle Fire, draw off six quarts of Water, putting into the Receiver so much D. L. S. as may conveniently sweeten it, this keep by it self: Afterwards draw off two quarts more, as a smaller Water, which may serve as a Vehicle for several Uses.

This Water is excellent against fainting Fits, comforts the Heart, is good in Consumptions, the Spleen, and Melancholy; it keeps the Countenance fresh and young, and very much helps the decay of the Memory. Taken fasting, it creates a good Appetite, is excellent in internal Bruises, and indeed a better Cordial for any Pectoral Distemper or Defect cannot be found.

93. **MISCARRIAGE:** In this it is proper, that young Women should not be ignorant of the Symptoms, or Signs, threatening, or

or fore-running Miscarriage; and some of them are these, Sudden Pains in the Back, or Belly, the Breasts often swelling and falling; upon which, let her apply this following Cerecloth to the Reins of the Back, or Breast.

Take the Roots of Bistort and Coriander-seed, of each two drams; unripened Galls, Saunders and Hypocistides, of each a dram; Labdanum and Mastick, of each half an ounce; Frankincense, and Bdellium, of each two drams: reduce those that can be into a Powder, and with Oil of Mastick, Turpentine, and Beeswax, make two or three Cerecloths, and apply them sometimes to the Loins, at other times to the Sides, and the Region of the Womb under the Navel, the Party for a considerable time altogether avoiding any violent motion both of Body and Mind, as Excess of Joy, Anger, Melancholy, &c. relating to the latter, also violent Sneezings, Coughs, Strainings, or Affrights.

It is necessary in this Case to use also inward means, for which our Specifick Laudanum, to be taken at Night going to Bed, from two Grains to four, or six, is a most approved thing; and every Morning fasting, to take a full Spoonful of the Tincture of Catechu, in a Glass of old Malago, or Tent: If this Course is followed by such Women as are apt to miscarry, it will certainly prevent it. The said Tincture of Catechu is thus made.

Take choice Black or Liver-coloured Catechu in very fine Powder six ounces, choice Brandy two quarts: mix and digest two days, shaking it twice or thrice every Day; then let it settle and stand upon the Faces, and decant the clear as you have occasion for it.

94. MISCARRIAGE, another: Take a sprig of Rosemary and Bawm, a few Cloves, and a small quantity of Nutmeg; put them into a pint of Claret, burn it, and then beat the Yolks of three new-lay'd Eggs; and having taken off the Wine from the Fire, brew it with the Herbs and Spices; then take the Cock's Treddles of six Eggs, and the White of one, beat them to an Oil, and having taken off the Froth, mix them with the rest, and so brew them over again with fine Sugar, and when the Party feels any Pains that usually fore-run a Miscarriage, in the Back, or Belly, let her immediately take four Spoonfuls of it.

95. MOLES to Kill: Take white Hellibore beaten very small, mix it with Wheat flower, the Whites of Eggs, Milk and Wine, and lay little Cakes of it in the Mouth of the Holes, and the Moles will greedily eat of it, and it certainly killeth them.

96. MORELLO - WINE: To make this, Take half an Arum of White wine, twenty pound weight of Morello-Cherries, divested of their Stalks, bruise them so, that the Stones may be broken, press out the Juice and pour it into the Wine; take that which remains, and hang it in the Wine in a Bag, so that it may not touch the bottom of the Cask; then stop it up, and let it continue a Month, at least, before you draw it. You may put in Spices at your discretion, but it will be very pleasant without it.

97. MOTHS in Clothes. Take Hops, and put them in a Bag, and lay them amongst your Clothes: So also Wormwood.

98. **M O U T H Diseases :** If the Mouth be Cankered, Take a Pint of Wine-Vinegar, (and if you can get it, let it be that of Claret.) Rue, red Mint, red Sage, and Rosemary, of each a quarter of a handful, or as much as you can hold between the Fore-finger and Thumb; shred them small, and boil them in Vinegar, then dissolve in the Liquid part a Spoonful of Honey, half an ounce of Alum, and half a Spoonful of white Salt; wash the Mouth with it Morning and Evening.

99. **M O U T H Cankered, or Sore :** Take Red Port Wine a Quart. Scurvygrass three handfuls; boil and strain out, and sweeten with Honey: With this often Gargle the Mouth, and all Night hold Scurvygrass in the Mouth, upon the very place Cankered, if the place is so convenient as it may be done. Or thus:

Take Red Port Wine a Quart, White Vitriol, Roch-Alum, Saccharum Saturni, of each three Drams: mix and dissolve, and therewith often Gargle or Wash the Cankered or Sore place: it will kill the Canker, and heal in a short time.

100. * **M O U T H - W A T E R :** Take Bramble Leaves, Columbine-Leaves, Cinkfoil Leaves, Honey-Suckle Leaves, Hyssop, Plantane, Strawberry-Leaves, Violet-Leaves, of each one handful, Spring-Water three pints, boil to a quart, add Roch-Alum an ounce, Honey 8 ounces, mix and dissolve, This will cure Cankers, Ulcers and fætid Sores in the Mouth, tho' very ill-natured, and of long standing.

101. * **M O U T H - W A T E R :** Take choice Honey 16 ounces, Madder-Roots, (commonly called Crop-Madder in fine powder, 4 ounces, Roch Alum in fine powder 2 ounces, Canary a quarter of a pint: mix them, and

let them simmer over a gentle Fire, till the Mixture is of a good Scarlet Color, and of the thickness of New Honey: which being cold put up into a Gally-Pot, keep close covered for use. Take Smiths Forge-Water filter'd through brown Paper a Quart, of the former Mixture. 8 ounces; mix and dissolve for a Gargarism. It quickly cures all old Sores and Ulcers of the Gums, Mouth and Throat, and eases their pains by washing and Gargling them therewith 4, 5, or 6 times a day. The mixture of it self will do the same thing, if it be taken Morning and Night, and several times a Day, as much as a small Chel-nut, upon a Knives point, letting it distil down the Throat very leisurely. It also eases pains, and strengthens a Weak Back, if a Spoonful of it be given at a time, Morning, Noon and Night, in a Glass of Strong Ale, Tent, or Alicant.

102. * **M U L B E R R I E S,** a Honey: Take of the Juice of Red Mulberries a pint and half, put to it a pound of Clarified Honey; boil them up often with Scumming, so that the Honey may be well dissolved in the Juice; and a third part being consumed, take it off, put it into Earthen Vessels, and keep it close stop'd, as a Curious Cooling and Cleansing Honey.

103. **M U L B E R R Y Honey :** Gather Blackberries, and Mulberries when they begin to ripen, the Dew being off them, of each a Quart; bruise them, and strain them, and put to the Juices fine thin Honey two pound, boil them over a gentle Fire to the thickness of Honey, and keep it close for use.

104. **M U L B E R R I E S** to Preserve: Take the same weight of

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of Sugar, as there are of your Mulberries, wet your Sugar with some of the Juice thereof, stir it together, put in your Mulberries and let them boil till they are enough; take out your Mulberries, but let your Syrup boil a while after, then take it off, and put it into your Mulberries, and let them stand till they be cold for use.

105. * **MULBERRIES** to preserve, another: Take two Quarts of Juice of Mulberries, add to it D. L. S. two pounds; boil gently, and make a thin Syrup: put this Syrup into 3 Quarts of Mulberries, not over ripe, let them have one or two boils, and then put all out together into the Vessel you intend to keep them in, which keep close stoppt.

106. * **MULBERRY-TREE**: Besides the Fruit, the Leaves are of a vast advantage for the Production of Silk, of which we shall say nothing in this place: It is twofold, the White and the Black: The White Mulberry is the more Sweet, and the Leaves of the Tree yield the finest and best Silk. But the Black Mulberry, as it is a little more acid, so it is the more Grateful to the Palate and Stomach; besides it is much the larger Berry, and yields the best Wine, not inferior to *Alcant.* Mr. Evelyn says they are raised in some Countries, of the Seeds from the Berries, which being gathered when thro' ripe, are separated from the Pulp or Juice, by bruising, and washing them in several Waters, and so drying them. But he prefers the Sowing of the ripe Mulberries, which may be a little bruised, and then sown in Rich Black Garden-

Mould, which ought to be pretty well moistned at first Sowing, but rarely Water'd afterwards; till they peep: They must be kept warm, by being thinly covered with Straw, to protect them from the Heat, and from Birds. At first they are to be kept moderately shelter'd, and clean Weeded: At two Years growth, about *October* or *February*, you may draw them up gently, and dipping their Roots in Water, transplant them to the places you design them to grow in, cutting them within 3 Inches of the Ground, and giving them three dressings, or half diggings, to kill the Weeds, in *April*, *June* and *August*. The second Year purge them of superfluous Branches, reserving the principal Stem of which, if the Frost injure any part cut it off. This way of Raising them may do in hot Countries, but with us it is better to Raise them of the Layers from another Plant, or of Suckers from the Roots of other Trees, which will prove very easily and well: The best time of doing which, is in *February*, leaving not above two Buds out of the Ground, which you must carefully Water, and they will be well Rooted in two Years: Dr. Beal says they may be Grafted on the Black Mulberry Tree in the Spring, or inoculated in *July*; but then the Scions ought to be taken off from an old Tree, which bears broad even Leaves: It delights to grow in a light, dry, rich Mould, which if it is well Manured with Ashes or Horse-Dung, it will be the better, and if exposed to the Sun and Air, will thrive the better. It is a Tree something difficult to

Transplant, except it be into a rich Soil, and whilst Young, and be kept well Watered, not cutting off its Head in removing, but trimming off the side Branches, so as to leave but a small Head on. The best time to transplant them, is about five Years growth in *September* and *October*, in which Work, spare cutting the Roots as much as may be, and take great Care to save them in taking them up. The *Black Mulberry Tree* is a great Bearer, and if it grows in a proper Ground, it yields a large and Noble Fruit. It thrives admirably in *England*, and if the Planting of it was encouraged and promoted, either in low *Standarts* or in *Dwarf-Trees*, whether in whole *Orchards* of them, or by the sides of *Hedges*, you would have Fruit enough not only to make a great quantity of Wine, more than we could well spend, but also a Wine of that Pleasantness, Noble Colour, Strength and Excellency, which would scarcely be inferiour to any other Wine in the World; and might save us in a great measure the Expence of Foreign Wines; which thing alone considered, would be a vast advantage to our *British Kingdoms*.

107. * MULBERRY-BRANDY.

It is made from *Mulberry-Wine* grown hard or *Prickt*, in almost all respects as you make *Brandy* from *Wine*, or the *Sugar Spirit* from *Molossos* or *course Sugar*. It has all the Virtues and uses of *Brandy*, or the *Sugar Spirit*, and may be used in the same Cases and manner, for dissolving of *Resinous Bodies*, extracting of *Tinctures*, and making of *Cordial-Waters*, &c. If all the Improvements were made which might be, of the Growth

and Product of our own Country, how Rich might our Nation be? and what a vast and mighty Treasure might be saved, which now our Neighbour Nations, and our very Enemies daily suck and draw from us, to our Impoverishing, and even almost undoing.

108. * MULBERRY-WINE:

It is made exactly as you make Wine of Grapes: The Berries are to be gathered when they are through ripe, fair, and black, and in a dry Day: let them be taken from the Stalks one by one, and put into Baskets to carry them to the Wine-Press, where the Pure Juice is to be pressed out. Some put the *Murc*, or Pressings into the Juice, to lye for a season, or for 2 days, to heighten the Tincture or Color, others do not, but let it Work in the Fat. When it has wrought as much as they think fit, they Tun it up, leaving half a Foot or more empty, which after 10 or 15 days end, when the Fury of the Working is over, they replenish with other *Mulberry-Wine*, or *Claret*, which will not provoke it to Work again, which is often to be repeated, because New Wine will spend it self, and waste, till it is perfected. Whilst the Working and Filling it up continues, you must keep it as warm as you can, by closing up the Windows to the North, North-East, and Eastern Quarters, lest it turns your Wine Acid, or causes it to be prickt. About the end of March stop up the Vessels for good and all. Some about this time rowl the Cask about the Cellar, to mix it with the Lees, and after its growing Fine, Rack it off to great advantage.

Again, some make this *Mulberry Wine* thus: The Berries being pickt from their Stalks, they press them, and so let the Juice stand 24 Hours in the Fat, and drawing it off from

the grosser Lees, put it up into a Cask, and to every Gallon of Juice, add a pint or Quart of strong Red Port Wine, or Alicane, according as they would have it in Strength, and so let them Work together; which when it has done, they Bung it up close, and let it stand till January, at which time in dry Weather, they Bottle it off. By this method, as good or better Wine may be made of our English Mulberries, than ever grew in France, and not much inferiour to some Spanish Wines.

109. M U L L E T S Boiled : Save the Liver and Roe of this Fish, and being boiled, take it up pour out the greater part of the Water, and add to the rest a pint of Claret, a bunch of Thyme Marjoram, and Winter-Savory, Salt, Vinegar, and two Onions quartered or sliced, and the Juice of a Limon, also Nutmegs sliced, and Mace broken; boil these till the Fish tastes strong of the Ingredients, then dissolve into it two or three Anchovies; season it with Salt, and dish it up Garnished with Stewed Oysters.

110. * M U M : It is a wholefom and Restorative Drink, and now very common with us, and may be made as well in England, as brought from beyond Sea, for the Encouragement whereof, we will here give you the true Recipe as it is Recorded in the Town-House in Brunswick, viz. Take 63 Gallons of fair Water, (which has been boiled to the Consumption of the third part) Brew it according to Art, with seven Bushels of Wheat-Malt, one Bushel of Oat-Meal, and one Bushel of Ground Beans. When you Tun it, let not the Hoghead be too full at first, and when it begins to Work, put into it of

the inner Rind of Fir 3 pounds tops of Fir and Birch, one pound. Carduus Benedictus three handfuls, Flowers of Rosa Solis, a handful or two, Burnet, Betony, Avena, Marjoram, Penny Royal, Mother of Thyme of each a handful and half, Elder-Flowers two handfuls or more, Cardamoms bruised 3 ounces, Barberries bruised one ounce. Put the Herbs and Seeds into the Vessel when the Liquor has wrought a while, and after they are added, let the Liquor Work over the Vessel as little as may be. Fill it up at last, and when it is stop'd, put into the Hoghead 10 New Laid Eggs, unbroken or crackt; stop it up close, and it will become Drinkable and Pleasant at two Years end.

Our English Mum-makers, instead of the inner Rind of the Fir, and Fir-Tops, use Cardamoms, Ginger and Sassafras, Walnut-Rind, Madder, Red Sanders, and Elecampane-Root. Some add Brooklime, Water Cresses, Alexander and Horse-Radish Roots rasped, according to what their Fancy leads them.

111. M U S C L E S Fryed : Put them into a Kettle, in which there is as much boiling Water as will cover them; being enough, take them up and Beard them; wash them in warm Water, wipe them dry and Flower them; being Fried Crisp, dish them up with Butter, beaten up with the Juice of Limon and Parsley throwed over them, Fried Crisp and Green.

112. M U S C L E S Stewed : Take and wash them clean, boil them in Beer and Salt; take them out of the Shells, and Beard them from the Gravel and Stones, fry them in Butter, pour away the Butter, and put to them a Sauce

Y 3 made

Made of their own Liquor, some sweet Herbs chopped, a little White-Wine, Nutmeg, the Yolks of four or five Eggs, Salt, some sliced Orange, and a piece of fresh Butter; give these Materials a walm or two in a Pipkin, and so serve them up in Scollop-Shells.

113. **MUSCLES and COCKLES** in *Paste*: Having parboiled them, take out the Meat and wash them very clean in the Water they were boiled in, and a little White-Wine; mince them small with the Yolks of three or four New Laid Eggs, season them with Salt, Nutmeg and Pepper, squeezing therein the Juice of an Orange or two; then close them within two sheets of *Paste*, Bake it, Ice it, and serve it up.

114. * **MUSHROOMS**: We mean the Edible ones, which are either the *Mushrooms of the Wood*, which grows by the Borders of Woods and Forests: Or those of the *Meadows and Sweet-Pastures*, which frequently grow where Cattel feed. They are found chiefly in *Autumn*, and are accounted good, if very white above, and of a reddish or Flesh color underneath, having also a good smell. It is said they may be raised in Beds, by preparing them with the Soil of *Asses* and *Mules*, and covering the same over with Rich Dung four Fingers thick, on which when it has lain a while, and cool, the Parings, and refuse of Mushrooms, as also old rotten Mushrooms, and the Water used about them are to be cast, so will the Bed in a short time produce them. Such like usage being applied to Melon-Beds, will also make those Beds to send them forth. They are

dressd variously; and Pickl'd Mushrooms, well cleansed and boiled with sower Peas, Vegetable, Bread, Salt, Pepper and Oil, will make a good Dish.

115. **MUSHROOMS** *Fricassee*: Having stewed them, put away the Liquor, and put them into a Frying-Pan with a piece of Butter, some strip Thyme, Sweet Marjoram, and an Onion shred very small, also a little Salt, and beaten Pepper; and when they are Fried, make a Sauce with three or four Eggs beaten, with some Claret-Wine, and the Juice of two or three Oranges, grated Nutmeg, and the Gravy of a Leg of Mutton; shake them well, and give them three or four tosses in the Pan; dish them, and Garnish the Dish with Orange and Limon, and rub it with a Shallot or Onion, and so serve them up.

116. **MUSHROOMS** *the Italian way*: Peel and wash them, boil them in a Skillet with Water and Salt, having boiled in the Water Sweet Herbs before you put them in, also Parsley and a Crust of Bread; boil and drain them from the Water, and Fry them with the best Olive-Oil; and being Fried, serve them in a Dish with Oil, but not that they were Fried in, also Vinegar, Pepper, and Fried Parsley; or, for want of Oil, you may use sweet Butter.

117. * **MUSHROOMS** *to Pickle*: Put them into a Mixture of Milk and Water, with some Salt; and let them boil, adding a good handful of Salt, and a Bundle of Savory and Thyme, with a couple of Onions quartered; boil them quick for a quarter of an hour, strain them

off,

off, and put them into this Pickle. Take White-Wine, or White-Wine-Vinegar, a sufficient quantity, add thereto 3 Nutmegs thin sliced, eight Blades of Mace, 3 Races of Ginger thin sliced or bruised, a spoonful of crackt Pepper, and one Onion quartered; let all boil for a quarter of an Hour, and being cold, put up the Mushrooms into it. Or thus: Take White-Wine, White-Wine - Vinegar, of each a Quart, Cloves, Mace, Nutmegs grossly bruised, of each a quarter of an ounce; boil till a Pint is wasted, into which being cold, put the Liquor the Mushrooms were boiled in, leaving out the boiled Spices, cast in of the same Spice whole, the Nutmegs only thick sliced, with some Limon-Peel, and crackt white Pepper, and if you please, a whole raw Onion, which take out again when it begins to Perish.

118. M U S H R O O M S Pickled: Take Mushrooms, put them in cold Water, peel them, keep them in Water, wash them, put them in a Sauce-Pan, and boil them a walm or two, skimming them very clean, season them with Pepper and Salt; and when you take them off the Fire, take them out: Strow upon them Pepper and Salt; when they be cold, put them in their Liquor again, letting them stand three or four days in the same Liquor, then make your Pickle one half White-Wine, the other Wine-Vinegar, and put into it large Mace, Cloves, Nutmegs, whole Pepper, and a little Salt; keep them for use.

119. M U S H R O O M S to Pickle: To do these that they may keep a long space, and not rot, as many do that are not well ordered, Take the Buttons, as soon as they put out of the

Ground, being gathered in a dry day, wash them in Water, Salt and Vinegar; scald them in the Decoction of Bay-Leaves and Rosemary; put them afterwards into Glasses, with Wine-Vinegar, White Lisbon, Sherry, of each equal parts, and add thereto long Pepper, Blades of Mace, and slices of Nutmeg and Ginger, and so close them up with a Cover of Leather for your use.

120. * M U S H R O O M S to Pickle. Take Button Mushrooms, wash them clean, and wipe them dry, and throw them into a pot of half Milk half Water; put all into a preserving Pan with a little Salt, and make it to boil, scumming them clean; then put them into cold Water with some Salt in it, in which let them rest for 24 hours (but some put them not into cold Water at all.) Put them into a Cullender or Sieve, and let them drain, till the Water is all gone. Take White-wine Vinegar, into which put sliced Ginger, Mace and long Pepper, and a sliced Nutmeg, into which put your Mushrooms for a Week: Take the Pickle from them, and boil it very well, into which put fresh bruised Ginger, Pepper, Cloves, Mace, and sliced Nutmegs, when cold, put into it the Mushrooms, and keep them close stopp'd, or tyed over with a Bladder, to keep the Air from them, else they will be apt to mother. If it does mother, you must boil your Pickle again; and if you please you may make it of half White-wine. If you keep them long, you may put sweet Oil Olive upon them to preserve them, and then tie them down close with Leather.

121. * M U S H R O O M S to Pickle White. Being clean'd, boil'd and drain'd as aforesaid, let them lye till they are cold: Take Vinegar,

choice Sherry, of each equal Parts; into which put Salt, Mace, Nutmegs sliced, Ginger sliced, Long Pepper, and Winters Cinamon bruised; of each a sufficient quantity, boil for two or three Minutes; and when cold, put your Mushrooms into the Pickle, keeping them close stop'd, If they be for long keeping, an eighth part of the Pickle in choice Brandy being added, will preserve them admirably for a long time; and yet they will never taste of the Brandy. Or this; When the Mushrooms are peeled, &c. throw them into the Water, and then into a Sauce Pan, with some long Pepper, Cloves slit, Mace, Nutmegs sliced, and Shallots, or Roccombo Seed, and a little Salt; boil all for a quarter of an hour in a very quick Fire: then take them out; and being cold, put the Mushrooms into the Pot to be kept in; boil in some White-wine the former Spice, with which fill up the Pot, adding a handful of Salt, and a few Bay Leaves; and if they be for long keeping, put Oil Olive upon them; so will they keep good a long time; but without the Oil they will keep well a year.

122. * MUSHROOMS to Stew. Peel them, and put them into Water and Salt to wash them clean; put them into a Stew Pan, and let them stew half an hour in their own Liquor: Pour out all but two Spoonfuls of the Liquor, and put in half a pint of Gravy or strong Broth, two or three Anchovies, a bundle of sweet Herbs, as Savory and Thyme; an Onion quartered, a little crack'd Pepper and a sliced Nutmeg: Stew all together for a quarter of an hour; then put in a good piece of Butter, so shaking all well together, serve it up. Or thus, The large Button Mushrooms being peeled, the Spunge

under part removed, and cut into quarters, cast them into Water, with a little Salt in it to cleanse; then boil them in fresh Water and a little fresh Butter for a quarter of an hour. Take them out, dry them in a Cloth, pressing out the Water whilst hot; then boil a full hour in Water with a little Salt and Butter; shift them into another clean Water with Butter as before, boil till they are very tender. Take them out, and pour upon them as much strong Broth as need requires, six Spoonfuls of White-wine, 12 Cloves, 12 Pepper-Corns crack'd, four small Onions, half a handful of Parsley, Savory, Thyme, an Anchovy or two, and raw Oysters; with all which stew them till they are done.

123. * MUSHROOMS Stewed: If you would Stew them, Peel them, and take out the under part, and do it with Sweet Herbs, Pepper, Salt, White-Wine and Gravy, over a gentle Fire; put to them when enough, some Sweet Butter beaten up with the Juice of Limon, or Orange. These are good for those that are of a hot, or Cholerick Constitution; but those of a cold or Phlegmatick one, must eat them sparingly.

124. M U S K: This is an Excrecence, supposed by some to be a Tumour, or Swelling, of corrupt Blood about the Navel of the Musk-Roe; which, after Putrefaction and Ripening, becomes Musk in a perfect Cod: Being well prepared, it is not only a very sweet Perfume, but also taken in Cordials, cheers and revives the Heart, and dispels gross Vapours from the Brain; and is good against Pestilential Diseases, infused in Mint, Bawm, or Rue-Water.

125. M U S-

125. **MUSKADINES** to Make: Take half a pound of D. L. S. being beaten and searfed, put into it two grains of Musk, a grain of Civet, and two Grains of Ambergrise, with about two drams of white Orrice-Powder, beat them with Gum Tragacanth steeped in Rose-Water; then roul it as thin as may be, and cut it Diamond-Fashion, like Lozenges, with your Jigging-Iron, and set them in some warm Oven or Stove; then put them into Boxes for use, and in this manner they will keep all the Year.

126. * **MUSK-SUGAR.** Bruise four or five grains of Musk, put it into a piece of Cambrick or Lawn, lay it at the bottom of a Pot or Glass, and sift fine Sugar on it, stop the Pot close from Air, and set it in a warm Place, and in a few Days the Sugar will have suck'd up the Tincture of the Musk, and yield a very pleasant Smell. Thus you may perfume Sweet-meats, or Comfits, by keeping them up very close; but if the Air gets in, the Spirit of the Musk will evaporate.

127. **MUSTARD** to make. Dry your Seed very well, beat it up by little and little at a time in a Mortar and sift it; put the Powder into a Gally-Pot, and mix it with Vinegar very well, then put in an Onion peel'd, but not cut, a little Pepper beaten, a little Salt, a lump of Loaf-Sugar.

128. * **MUSTARD-BALLS.** Mustard is a Plant hot and dry, and its Seed is hot and dry in the fourth degree, of exceeding subtil and volatil Parts. Of it *Mustard Balls* are made: Grind the Seed very small in a Bowl with a Cannon-Bullet; of which make

a Paste with a little Canary and Honey, which form into Balls, and dry in the Sun, or a gentle Oven, and keep them for use. A little of one of these Balls shaved thin, and made up into the form of Mustard, with a few drops of Vinegar and a little Salt, is scarcely inferior to any other Mustard, being exceedingly Palatable and very Stomach-ick.

129. * **MUSTARD** to make. Take choice Seed cleansed, wash'd and dry'd; grind it in a Bowl, with a Cannon-Bullet, and a little Vinegar, till it is exceeding fine; then add more Vinegar gradatim, till it comes to the Consistence of Table Mustard. Those who have not a Bowl and Bullet, may grind it in a Mustard Quern, or, for want of that, may beat it in a Mortar: Where note, that some, instead of Vinegar, make it only with Water, because being made with Water, it dies not so soon, but will keep longer.

130. * **MUSTARD** to make. Take the first and whitest Seed, cast it into Water two or three times, till no more of the Husk arise: Take the Seed only which sinks to the bottom, rub it dry in warm Linnen Cloths, and lay it also a little before the Fire in a Dish or Pan; then grind it so small in a Bowl with a Bullet, or in a Mortar, that it may pass thro' a fine Tiffany Sieve; slice some Horse-Radish, and steep it in the best Wine Vinegar, in a wide mouth'd Glass close stop'd, for 24 hours; all which let be done before the grinding of the Mustard-Seed; decant the clear Vinegar from the Horse-Radish, which mix with the Ground Mustard.

Mustard-Seed, in such a Proportion as to make the Mustard of a due Consistence. Put all into a Stone, or glaz'd Mug, with an Onion in it, and keep it well cork'd, defended with a Bladder, whereby the Mustard will be the better preserved: Where note, That if instead of the *Pinegar* Water be only used, or strong Broth of powdered Beef, the Mustard will yet be better, and keep longer.

You may make an excellent Sauce, if to a little of this Mustard you put Lime-juice, Juice of Limons, or Verjuice, adding also Claret-wine and Sugar, which will serve for many sorts of Flesh and Fish, especially if it be Salt or powdered with all.

131. **MUTTON**, *Leg, Neck, Chines, &c.* boiled: Take either of the forementioned Joints, and lard them with a little Limon-peel; boil it in Water and Salt, with a handful of sweet Herbs; take a pint and a half of Oysters well washed, and put them into a Pipkin, with some of their own Liquor, a little strong Broth, and half a pint of Gravy, as much White-wine; put to them two or three whole Onions, some Thyme, grated Nutmeg, and two or three Anchovies, so let them boil together; beat up three or four Yolks of Eggs in a little of the said Broth to thicken it, then dish it up on Sippets, placing your Oysters on the top thereof; and serve it up garnished with Buberries or Limon.

132. **MUTTON**, *a Leg roasted with Oysters*: Take a large Leg of Mutton, and stuff it well with Mutton Suet, Pepper, Nutmeg, Salt, and Yolks of Eggs, then roast it and stick it with Clowes;

when it is half roasted, cut off some of the under-side of the fleshy end in little thin bits, and take a pint of Oysters, and the Liquor of them, a little Mace, and Salt; put all these with the bits of Mutton in a Pipkin, till half be consumed, and put in a piece of Butter, dish your Mutton, and pour this Sawce over it, strew Salt about the Dish side and serve it in.

133. **MUTTON-PYE**: Cut it into Stakes, then season it with Pepper and Salt, after that cut some Suet small, and put it into your Pye, rememhring to put it both at top and bottom; you must put some Liquor into it before you put it into the Oven.

134. **MUTTON**, *a Shoulder roasted with Oysters*: Your Oysters being parboil'd, put to them Parsley, Thyme, and Winter-savory, minced small, and the Yolks of six hard Eggs minced, a handful of grated Bread, three or four Yolks of Eggs, so mingle all together with your Hands; your Shoulder or other Joint of Mutton being spitted, lay it upon the Dresser, make holes with your Knife, and put in your Oysters, with the Herbs and Ingredients after them; about twenty Oysters will be enough; take the rest of your quart, or as many as you have, put them into a deep Dish, with some White-wine, two or three Onions cut in halves, two minced Anchovies; and when your Meat is almost ready, put your Sauce upon Coals, put to it the Yolk of an Egg beaten, a little grated Nutmeg, and a piece of Butter. Dish up your Shoulder of Mutton, and pour this Sauce over it, and garnish it with Limon.

135. **MUT-**

135. **MUTTON** or *Lamb*, a *Leg of it to Force*: Take the Meat out of your Leg of Mutton or Lamb, leave the Skin whole, then chop it small, and season it as you do for forc'd Meat, and put it into the Skin again, then it is proper to boil or roast; your Sauce must be made with a Ladle full of strong Broth, two Spoonfulls of Capers, one Anchovy, a few Barberries, a little sliced Nutmeg, and a blade of Mace, let it stand over a Chafing-dish of Coals a little while, put in a bit of fresh Butter, serve it up with Sippets.

136. **MUTTON**, a *Brest to Col-ler to eat hot*: Take a Brest of Mutton, skin it and bone it, season it with Nutmeg, Cloves, Pepper, Salt, Sage, Penny-royal shred small; roul it up very hard, tie it with Tape; then take two quarts of strong Broth, one pint of Claret; set it over the Fire in a Pipkin, and let it stew five hours, till you can run a Straw through it, put a bunch of sweet Herbs in your Pipkin, keep it always covered; when it is stewed enough take it out of the Liquor, boil the rest most part away, and put in the Juice of two Oranges and a Limon, and two Anchovies, and half a pound of Butter beaten thick, some grated Bread, heat the Coller very hot in it, before you thicken the same, cut your Coller in three pieces, and pour the Sauce upon it; before you put in the Butter skim the Fat off the Broth, and garnish your Dish with grated Bread, Oranges and Limons; you may add to it four Sheeps Tongues, larded with Bacon and Roasted.

137. **MUTTON**, the *Turkish way*: Cut your Mutton in thin slices, wash it in Vinegar, and put it into a Pot that has a close Cover; add clean picked Rice, and a quantity of whole Pepper, and two or three Onions: let all these boil very well, keep it scumming; then take out the Onions, and dish it on Sippets.

138. **MUTTON** to *pass for Veni-son*: Take a Shoulder of Mutton, pretty large, but let it be young and tender, strain the Blood of the Sheep amongst grated Bread, prepare your seasoning of ordinary sweet Herbs shred very small; take the Bones out of the Meat, and roul them up in it, or stuff them in at convenient places, then wrap it up with a caul of Veal, lay it in the Blood to soak twenty four Hours, prick it so with a Knife that the Blood may the more easily penetrate it, bake it and serve it as usually Venison is done; and it must be a very curious Palate that can discover it from what it represents.

139. * **MUTTON** to *dress in Blood*: Take a Shoulder of Mutton, drawing out all the Knots and Strings, steep it five or six hours in the Sheep's Blood; then stuff it with all manner of sweet Herbs, as Stuff'd Meat should be: lay the Shoulder in a Caul, and sprinkle it with Blood; roast it, and make Venison Sauce, or Anchovies, and so serve it.

140. * **MUTTON** to *Stew*: Cut a Neck of Mutton into Stakes, season with Salt, Pepper and Nutmeg, cover it with Water, and put all into a Stew Pan: when it boils, scum it well, and let it stew. Then take Turnips, Carrots, Cabbage, parboil them, drain the Water from them; and when

when the Meat is half stewed, put in the Roots, throw in a handful of Capers, a handful of sweet Herbs, and a handful of Spinage and Parsley each; shred them together with two Anchovies chopt; take a little Butter and brown it, shake in a little Flower: Take a Ladle-full of the Broth, and put in the Butter which is browned; let it boil up, and pour it over your Meat; when it is almost ready, boil it a little up together, and serve it in, with Sippets in the bottom of your Dish. And lastly, squeeze in the Juice of a Limon, or of an Orange or two.

145. MYRRH: This precious Gum grows upon a low prickly crooked Shrub, with smooth

Bark like Laurel, but the Leaves like Olives, and much rougher; yet out of this Tree proceeds a Gum little differing in appearance from Drops, or Tears, but afterwards it becomes of a greener Colour, and is clear and sweet to the Smell, but not so to the Taste, it being somewhat bitter, The right Myrrh being drank in White-wine, abates the Fit of the Quartan-Agüe; it is also very good in Antidotes against Poisons and Bitings of venomous Beasts: It resists pestilential Fevers and Plague, and being applied to Wounds, it expedites their Cure. And many other excellent Virtues, not here mention'd.

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1. **NAILS - CLOVEN:** Mingle Turpentine and Wax together, spreading it as a Plaister, lay it on the defective Nail, and as it grows, cut it away, and in a short time it will be reduc'd as the other.

2. **NAIL-SCRATCHING.** It is held, that the Nails of the Hand scratching in some Cases prove venomous; yet this is no more than the suffering it to fester, or the Humours to flow to that place before prevented; to remedy it, and cure the Wound made: Take Olive-Oil a quarter of a pint, Juice of Groundfil two ounces, Bees-wax, two ounces,

Stone-Pitch half an ounce; make these over a gentle Fire into a Salve, spreading it on Linnen or Leather, apply it to the place grieved, and in two or three times changing, and anointing with Linseed-Oil, the danger will be past, and the Cure effected.

3. **NAIL - WORT:** This is held exceeding successful, being applied to Impostem in the Joints, and any Defects under the Nails, especially for Whitloes, Fellons and Sore Fingers.

4. **NAPLES-BISKET,** *so make:* Take a pound of fine Flower, and the like weight of D. L. S. eight Eggs, and two spoonfuls of D. R. W.

D. R. W. an ounce of Carraway-seeds beaten small: mix them well together, and put them, when made, into a fit thinness with fair Water, into Tin Pans, and bake them moderately in a gentle Oven, glazing them over with Water, in which Sugar has been dissolved.

5. * **NASTURTIUM** *Cresses*. The Garden Cress, Flowers in May and June; and when its Seed is ripe, withers away. The Seed is acid, hot and dry in the fourth Degree, aperitive, attenuating, and absterive or cleansing; used in Swellings and Diseases of the Spleen, to provoke the Courses, and expel the Dead Child. It removes Tarrarous Mucilage of the Lungs, and prevails against the Scurvy. For Lethargies and sleepy Diseases, nothing is better than Cresses boiled, or eaten in Sallets with Lettice, &c. They warm, comfort, and strengthen the Head, Brain, Stomach, Lungs, Bowels and Womb, expel Wind, cause a good Appetite, and give ease in the Cholick; their Essence, Infusion, Tincture or Spirit, are commonly used for those Purposes: They are used outwardly, beaten up with Lard, to cure Scabs in the Head, and other Parts of the Body, and to make them fall off in 24 hours, and perfectly to cure them.

6. **NATURE** *to restore*. Take an Artichoke, and dress it with Milk; that is, first boil your Artichokes in Water till the Leaves will just draw off; put them in new Milk, and boil them thoroughly; bruise the Pulp in the Milk, and add a little Mace and grated Nutmeg, sweeten it with Sugar, and eat often of it with a Spoon. It exceedingly restores

decayed Vigour, and strengthens not only the Spirits, but the whole Frame of the Body. The *Germans* and *French* usually eat the tender Stalks of this Plant boiled with Butter and Vinegar: the *Italians* seldom boil the Heads, but eat them raw, with Salt, Pepper, Oil and Vinegar: they are moreover held to provoke Venery, and the Decoction of the Buds drank provoke Urine.

7. **NAUSEOUSNESS**: When the Stomach, or Appetite is offended in this manner, and brought to a kind of Loathing, Take Juice of Mint two spoonfuls, Juice of Limons a spoonful, Mint Water half a quarter of a pint; mix and sweeten to your Pallate with D. L. S. and so drink it off; it will not fail, being two, three, or 4 times repeated. Or, Take the Pouder of Fennel-seed, in a Glass of White-wine, sweetned with Sugar, every morning fasting, till the Offence be removed. This likewise wonderfully clears the sight, strengthens the Stomach, and being mixed with Pectoral Medicines, it relieves those that are Asthmatick. It also resists Poyson, and the Leaves of Fennel, boiled in Water, wherein Barley has been boiled, encreases Milk in Nurses; and a Decoction of the Seeds and Leaves, give ease in Nephritick Pains, forces Urine, and expels Gravel; the Roots provoke the Courses, open the Obstructions of the Spleen and Liver, and help the Jaundice. The whole Herb shred and boiled in Broth; takes away Fat, and keeps the Body in a good Proportion. Many other Vertues are ascribed to it.

8. **NEATS-**

8. **NEATS-FOOT-PYE.** To do this, boil the Neats-Feet, take out the Bones, and put as much Beef-suet as will answer their quantity; mince them, and season them with Cloves and Mace, finely beaten; add some grated Nutmeg and Sugar, with a little Salt, put them into the Crust or Paste with some Barberries, Currans, and Raisins of the Sun; bake it well, and serve it up hot.

9. **NEATS-FEET Fricassee.** First boil, and then blanch them, split them, and fry them in clarified Butter, or you may Bone them, and fry them in Butter, strong Broth and Salt; having fried a while, put into the Pan some minced Parsley, some beaten Pepper, Thyme and Mint chopt very small; when almost enough, make a Sauce of the Yolks of six Eggs beaten with Vinegar, some Mutton Gravy, a little Nutmeg with Juice of Oranges or Limons, and so dish them up.

10. **NEATS- FEET Roasted.** Your Neats-feet must be first boiled and blanched, and when they are cold lard them, and make them fast to a small Spit, baste them with Butter, Vinegar, Sugar, and a little Nutmeg; when enough, have in readiness a Sauce made of Claret, White Wine Vinegar, and Toasts of brown Wheaten Bread strained with the Wine through a Strainer; then add thereto Ginger, and beaten Cinamon, a few slit Cloves, put all into a Pipkin, and stir it with a Branch of Rosemary, till it be pretty thick.

11. **NEATS-TONGUES** to dry. Take Bay-Salt, beat it very fine, so that it may be sifted

through a fine Hair Sieve, and Salt-Peter, of each a like quantity; and having soaked your Tongues in warm Water, rub it on very well in every part, especially at the root; lay them in a place where they may be covered with the Salt, and as that wastes, put on Honey, and when they become sufficiently hard and stiff, rowl them in Bran till they are dry, put them into a Mold a while, and dry them in a Kill, with a soft Fire; or for want of that you may hang them up in a Chimney where the Smoke comes but little at them; and when they are sufficiently dried, press them out somewhat flattish, and at length, and so put them in dry Boxes. and keep them for use.

12. **NEATS-TONGUES** to dry, another way. Take Bay-Salt bruised small, Sugar and Salt-peter, a like quantity; rub the Tongues well with a Linnen-Cloth, put the Salts to them, forcing it in, especially at the Roots; and as it wastes into Brine, add more Sugar, when they are hard and stiff, then they have taken Salt enough. Rowl them in Bran, and dry them in a Mold over a Saw-dust Fire, or for want of such, hang them up in a Chimney; and when you boil them, let it be in Spring-water, and it will make them look the redder.

13. **NEATS-TONGUES** to dry. Make a Brine with Pump-water and Bay-Salt, strong enough to bare an Egg and boil it, when it is cold put in your Tongues, and let them lye a Fortnight or three Weeks, then boil them, and hang them up, and eat them when you please.

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14. * **NEATS-TONGUE** *to Dry*: Take white Salt beaten fine, and Salt Nitre, of each a like quantity, rub your Neats-Tongues very well with the Salt, and cover them all over with the same, and as it wastes, put on more; when they are hard and stiff, they are enough, rowl them in Bran, and dry them before a soft Fire. Before you boil them, let them lye in Pump-water one Night, and boil them also in Pump-water. Or, Pound them with Bay-Salt; and being well smoak'd, hang them up in a Garret or Cellar, and let them come no more to the Fire till they are to be boiled.

15. * **NEATS-TONGUES** *to dry*. Take Bay-Salt, Sal Nitre, of each (in fine Pouder) a like quantity; soak your Tongues in warm Water, and rub the Salt very well on them, especially at the Roots; lay them in a Vessel, and cover them with the Salts; as they waste, cover them afterwards with Sugar, turning them often, till such time as the Sugar has also penetrated; and when stiff, dry them in a Kiln with a soft Fire, or hang them up in a Chimney, where there is for the most part a good Fire kept; when dried, press them flattish, and at length, and then put them up in dry Boxes to be kept for use.

16. **NEATS-TONGUES**, *divers ways*: Take a Neats-Tongue, being boiled tender, blanch and slice it into thick slices about the bigness of a Shilling; fry it in sweet Butter, and being enough, put to them some strong Broth, Gravy, Nutmeg and Salt; stew them together, and have some Yolks of Eggs, beaten up with

Verjuice; put them into a Pan, and give them a toss or two, and the Gravy and Eggs being pretty thick, dish it on Sippets; Sometimes you may slice them as aforesaid, no bigger nor thicker than a Three-Pence, and used in all points as before, but only add some Onions fried, and stew with Mushrooms, Nutmeg and Mace, and serve it up on Sippets, first rubbing the Dish with a Shalot; or you may stew with Raisins, Mace, and blanched Almonds, or Pistaches, Marrow, Claret-wine, Butter, Salt, Verjuice, Sugar, strong Broth, and Gravy, the Yolks of six Eggs, with Vinegar or Grape Juice, and so serve it up on Sippets.

17. **NEATS-TONGUE** *Roasted, the French way*: Boil and blanch it first, and when it is cool, take out the Meat at the great end, leaving the Skin whole, and having minced it with Sweet Herbs and Apples, as also the Yolks of Eggs boiled hard, and Beef-Suet, beaten with Salt and Ginger, fill up the Skin again, till it be a perfect Tongue as before; and having stopped the hole with some Mutton-Skin, or Caul of Veal, Lard it with small Lardings of Bacon, and tie it to a Spit; and being Roasted, make Sauce with Gravy, Nutmeg, Butter, and the Juice of Oranges, and serve it up with Limons sliced, and pickled Barberries.

18. **NEATS-TONGUE** *Fried*: Boil it first, and take it off, cut it into thin slices, season it with Nutmeg, Sugar and Cinamon, dip the slices into the Yolks of Eggs, add the Juice of Limon, and mix them together; and having your Pan pretty hot with sweet Butter in it, take up the rest

rest in spoonfuls, and put them in, being fried enough, serve them up with White-Wine, Sugar and Butter, well beaten together.

19. **NEATS-TONGUE Pye :** Take a couple of large Neats-Tongues, set them over the Fire in Spring-Water, and parboil them, pare off the Roots and the Skin, mince the Meat with the Beef-Suet, and a little Parsley, Sweet Marjoram, Thyme, and Penniroyal; season it with beaten Mace, Cloves and Pepper finely beaten; add to these grated Bread and fine Sugar, and the Yolks of three or four Eggs; make your Crust into the fashion of a Tongue, and put these in, bake it, and then make a Liquid of Butter and Verjuice with some Sugar and Rose-Water, and pour it in.

20. **NEATS-TONGUE Pye,** *another.* Take fresh Neats-Tongues boil, blanch, and mince the Meat with four pound of Beef-suet by it self; mingle them together, and season them with an ounce of Cloves and Mace, finely beaten, some Salt, half a preserved Orange, and Limon-peel minced, with a quarter of a pound of Sugar, four pounds of Currants, a little Verjuice, and *D. R. W.* a quarter of a pint of Canary; stir these well together, and fill up your Pyes in Crusts, of what Figure you shall think fit or convenient.

21. **NEATS-TONGUE other-ways :** Boil a fresh Tongue very tender, and blanch it; and when it is cold, slice it into thin slices, season it lightly with Pepper, Nutmeg, Cinamon and Ginger, all finely beaten; put into the Pye half a pound of Currants, lay the Meat on, and stoned

Dates in halves, the Marrow of four Bones, large Mace, Grapes or Barberries, and Butter; close it up, and bake it; Liqueur it with Claret, Butter and Sugar, and so Ice it over.

22. **NEATS-TONGUE to Roast :** Take a Neats-Tongue tender boiled and blanched, and when it is cold, cut a hole in the But-end, take out the Meat, and put in the Meat minced with sweet Herbs finely shred, a Pippin, and two or three hard Yolks of Eggs minced, as also Beef-Suet and Bacon made very small; mix with all these Ingredients, beaten Ginger, and fine Salt, fill the Tongue, and stop the end with a Caul of Veal, Lard it, and Roast it, and then make Sauce with Butter, Gravy, and the Juice of Oranges.

23. **NEATS-TONGUE, and UDDER to Roast :** Take your Tongue and Udder, Parboil them well, blanch the Tongue, and Lard them both with great Lard, but first season them with Pepper, Nutmeg and Cinamon; Roast them and Baste them with Butter, and when they are almost Roasted, dridge them with Flower, mingling therewith some of the above-named Spices beaten small, Dish them up with a little Butter, Gravy, Juice of Oranges, Sugar and slices of Limon.

24. **NEATS-TONGUE Stewed,** Boil them first very tender, slice them, and put them into a Pan with fresh Butter, fry them a little, and so put them into a Pipkin or Stew-Pan, with some Gravy, or Mutton Broth, large Mace, and sliced Nutmeg, Pepper, Claret, and a little Vinegar and Salt; and when the Stewing

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at your discretion is almost completed, put to the Meat two or three slices of Oranges, Asparagus, Skirrets, Chesnuts, and serve them up on Sippets, cover them with Butter, slices of Limon and Marrow.

25. **NEATS-TONGUE** *to Pot.*
Take the largest Neat-Tongues, salt them well, two days after pour away the Bloody Brine, and Salt them again, let them lye in that Salt a Month; take some Salt-Peter, and a little Roch-Alum beaten together; and rub them over with that, and let them lye one Week; then boil them till they be tender with some Hay on the top of them; take them out of the Kettle, and pull off the Skins, hang them up in a Chimney, where Wood is burnt, four days and nights; then melt some Butter with Spice as you do for Potted Fowl, and put your Tongues in a Pot, and pour that over them; and when they have been Potted one Month, take out one and eat it with Mustard and Sugar, or Mustard alone: These will look very Red, and eat pleasantly.

26. * **NECK of VEAL** *to Ragoo.*
Cut it into Stakes, beat them flat with your Rowling Pin, and season with Salt, Pepper, Cloves and Mace, Lard them with Bacon, Limon-peel and Thyme, dip them in the Yolks of Eggs; take a large Sheet of Cap Paper, turn it up at the four Corners, like a Dripping-Pan, and pin it tight, butter it, and rub the Gridiron with Butter, and put on your Meat over a Charcoal Fire: Let it do leisurely, keeping it basting and turning to keep in the Gravy. When you think it enough, have ready as

much strong Gravy as you think will do, season it pretty high, and put in some Mushrooms, with all sorts of Pickles, some stewed and Fried Oysters, and forc'd Meat-Balls, dipt in the Yolks of Eggs and Flower, to lay round and top of the Dish: If for a brown Ragoo, put in Claret, or Red Wine; but if for a White, put in White-Wine, with the Yolks of Eggs, beaten up with 3 or 4 spoonfuls of Cream.

27. * **NECTARINE**:
It is a very pleasant Fruit, and of a Delicious Taste, of which the Red Roman is the fairest and best that grows in *England*; some like best the Murry, some the Tawney, but neither of them is so large as the Red Roman. The Scarlet Nectarine is also an excellent Fruit, and valued, because it parts clearly from the Stone: There are other kinds also, but of less esteem, as Great Green, Little Green, Yellow, White, Paper-White, Painted Russet, Genoua, Argol, Orbine and Persian Nectarines.

28. **NEP, or CATMINT**:
This procures the Courses, and being taken inwardly, or outwardly alone, or with Convenient Herbs to bathe them, or sit over the hot Fumes of it, and by frequent use, it removes Barrenness, and the Windy Pains of the Mother; it is used likewise in pains of the Head, proceeding from cold Causes, as Rheums, Catarrhs, Swimming and Giddiness of the Head, and is an excellent Remedy for Windiness in the Stomach and Belly. It is profitable in Cramps and old Aches, to dissolve the Cold; and expel the Wind that afflicts the Farts where they happen, and is used for
Z Golds;

Colds, Coughs, and shortness of Breath. The Juice drunk in Wine, is advantageous in Bruises. The Green Herb when bruised, applied to the Fundament for two or three Hours, easeth the pains of the Piles; but the Juice being made into an Ointment, is much more effectual for that purpose. The Scabs, or breaking out of the Head, are taken away, being washed with its Decoction in fair Water, and has the same effect upon the Breakings out of any other Parts tending to the like Nature.

29. * **NEPHRITICK Wood:** It grows in *New Spain*, and is used in Obstructions and Diseases of the Reins, in heat, sharpness and stoppage of Urine. The Water of it opens Obstructions of the Liver, Spleen and Reins, and is made thus: Cut the Wood into very thin Chips and small; infuse it in clear Fountain-Water, keeping it in the Vessel till all the Water is drunk; then put in more fresh Water, and thus repeat it, as long as the Wood will Tinge or Tincture the Water, which will be in the space of half an Hour. It is a light Sky Color, which it imparts to the Water, which grows deeper in longer time, This Water is good against Stone, Gravel, Sand, and Tartarous Mucilage in Reins and Bladder, Colick in Stomach and Bowels, and to Cure Fevers.

30. **NERVES to Strengthen** Take of the Pouder of Castor half an ounce, Spirit of Castor half a pint; digest them cold ten days, strain out the Spirit, and when it is well settled, take ten drops inwardly in any proper Liquor. This not only strengthens the Nerves, and is good for Diseases

of the Head, and Fits of the Mother, but provokes the Courses, and remedies Deafness.

31. **NERVES Prickt:** Take *Peruvian Balsam*, and warm it a little; bathe it in where the Grief is; and in a little time it takes off the Acrimony of the Sanies, from whence proceed the Pain and Convulsion when we are Wounded or Bit by Venomous Creatures: It is excellent in stanching Blood, insomuch that it is affirmed, That the Beasts in *Peru* and *New Spain*, from whence it comes, finding themselves so hurt, by an Instinct of Nature, rub themselves against the Tree, from whence it issues. It is of a dark Colour, fragrant Smell, and brought to us in little Earthen Jars.

32. * **NERVES Prickt:** If a Nerve is prickt, the usual way to prevent Convulsions, or an extravagant Pain, is to cut the Nerve asunder; but in my Opinion, this following Application is better, first drop upon the Wounded part, (and anoint it thereon) Oil of Peter very well warmed, then lay over it Cotton, dipt in the Oil of Peter, or in Balsam of Peru, or rather of Chili, or clap over it this mixture: Take Balsam of Chili, of Peru, of each an ounce and half, Oil of Peter one ounce, Oil of Juniper, and Turpentine of each half an ounce: mix them well together; and lay it upon the Wound with fine Tow, binding it gently on, and at Night going to Bed, give a Dose of my Specifick, or Volatile Laudanum.

33. **NERVES Uncovered:** Pouder grossly three or four ounces of the best Camphire, and having put it into a Matraass, pour on of Spirit of Nitre, till it is much, stop the Vessel close,

set it over a Pot half full of Water, pretty well heated, frequently stirring it, to help forward the Dissolution ; which will be done in two or three Hours, and by this means you will find the Camphire turned into a clear Oil, which will swim above the Spirit, then separate it in a Viol for use. This is not only used to touch the Nerves that lye uncovered, but for the Caries of Bones; yet this Oil is nothing but a Dissolution of the Camphire in the Spirit of Nitre ; for if you cast Water upon it, to kill the Force of the Spirit, it will turn into Camphire as before.

34. N E R V E S Wounded : If the Nerves are Wounded, first wash with Generous White-Port-Wine, mix'd with an equal quantity of good Brandy, letting it be Blood warm ; then anoint it with Oil of Peter ; or Balsam of Chili, and lay over it the mixture in the former Section, or for want of that, this following one: Take Balsam de Chili, and Capivi, Chio Turpentine, of each two ounces, Oil of Peter an ounce and a half, Oil of Turpentine one ounce, Oil of Aniseed half an ounce ; mix them, and apply it, renewing it Morning and Evening.

35. NETTLE - JUICE : It is good to stop Bleeding, and ease the Pains in the Head ; being drunk it provokes Urine, and is helpful in the Dropsie ; the Leaves of Nettles made into a Pulvice, and applied to Inflammations and Tumours, allay them, mixed with Hogs-Lard and Flax-seed.

36. NIPPLEWORT : Out of this comes a bitter Milk, or whitish Juice, which being mixed with Woman's Milk, and a little Oil of Roses, and mingled

well over the Fire in a Sancer, is greatly available to allay the Heat and Anger of sore Nipples, and recover them so, that the Infant may Suck without giving the Woman any pain.

37. * NIPPLES to Skin : Take Roch-Alum in ponder, two Drams ; dissolve it in half a pint of Milk, with half an ounce of Honey ; dip a Rag in it, and lay it on the Nipple ; dip also a Rag in melted Mutton-Suet, which put upon the other, to keep it supple and warm, which will quickly cure.

38. * NITER : This is held an excellent Medicine for the Colick, or any Pains, prepared after the following manner, viz. Take of the best Nitre an ounce, rub it sufficiently in a clean Mortar of Gläs or Stone, then grind it with half a Scruple of Saffron ; and of this Mixture take about half a dram at a time, infused in about three or four ounces of Spring-Water. This Sal Nitre, or Salt Peter, is, 1. An Elixiviated Salt from the Earth. 2. Or a Salt growing upon Stone Walls. 3. Or a Salt growing upon Rocks. It is full of Volatile Spirits, especially that taken from Cellars, Stables, and other moist stinking places, where the Urine of Beasts sink into, and replenish the Earth ; of which is made *Aqua Fortis*, *Sal Prunella*, *Spiritus Anticolicus*, &c.

39. NODDY - PUDDINGS : Take blanched Almonds, beat them very fine, with a Spoonful or two of D. R. W. strain them through a Cloth with Cream, boil it, and let it be almost cold again, then thicken it with Eggs well beaten, sweeten it with D. L. S. and D. R. W. tie it up

in several little Bags, boil them in a Skillet of Water half an Hour, and melt Butter, D.R.W. and Sugar for the Sauce; you may make them of several Colours which is very pretty.

40. * **N O D E S**: *Nodes* may proceed from several Causes; but their general Cause is Venereal, and though they may happen on the Head, Forehead, Jaws, Arms, Wrists, Hands, Back, Thighs, &c. yet they mostly affect the Shin, Bones: You must in this case, every Night anoint with our *Unguentum Mercuriale*, or *Unguentum Cosmeticum*, and then apply over them, our *Emplastrum Mercuriale*; this Course being continued for some time, will dissolve them, and ease their Pain, unless the Bone be foul, in which case, it must be laid open and scaled, and then the Wound or Ulcer, heal'd as a Common Ulcer. But notwithstanding all these external Applications, you must not be unmindful of taking away the Original Cause by Internals, as with *Aurum Vitæ*, *Arcanum Coralinum*, *Arcanum Fovis*, the *Princes-Powder*, &c. all which Preparations, both External and Internal, you may see in our *Pharmacopeia Chirurgica*, now Published in our *Art of Chirurgery*.

41. **N O I S E** in the Ears. Take the Oil of Nut-Ben, drop it into the Ear; and it not only cures the Noises, but in a great manner helps Deafness. It cleanses the Skin from Spots or Morpew, and the longer it is kept, the better it is. This Nut-Ben likewise mixed with Honey, dissolves hard Swellings, and the King's Evil; made up to a Pultrice with Barley-Meal, it is good in cold Affections of the Nerves; mixed with

Meal of Lupins, it removes Obstructions afflicting the Liver and Spleen: It subverts the Stomach, occasions Nauseousness, and moves the Belly. It purges gross and clammy Flegm by Vomit and Stool; wherefore it is good for a Flegmatick Colick.

42. **N O I S E**, or *Singing in the Ear*. This is usually the Fore-runner of Deafness, and few that have it to any purpose escape the losing their Hearing, especially for a time; therefore the best way is timely to prevent it: to do which,

Take the *Pills de Hiera*, or *Hiera cum Agarico*, with which the Apothecary will furnish you. Take of them a dram at a time going to Bed, and settle your self as well as may be to rest;

* 'Tis cured by dropping into the Ear a few Drops of our *Guttæ Vitæ*, every Morning and Night, for some few days: Or you may drop into the Ear this mixture. Take Rectified Oil of Amber, Oil of Wormwood Chymical, Oil of Oranges and Limons, of each one dram, Oil of Nutmegs and Mace by Expression, of each half a dram, Civet a scruple, mix and dissolve; and drop it Morning and Evening into the Ear with Cotton or Lint, dipt either in the same, or a strong Tincture of Musk and Ambergrise.

43. **N O S E B L E E D I N G**: To stay this speedily and effectually, take the long Catkins that grow on Hazle-Trees before they Leave, by some called the Nut-Blossoms, burn them so that they may be reduced to a Powder, but not to Ashes; and when the Blood issues from the Nose, blow up some of it with a Quill into the Nostrils, and let the Party drink the Juice of Plantane, or Plantane

Plantane-Water and Milk, and the Bleeding will stay: This also will stay inward Bleeding till better Remedies can be obtained, though many times, of it self, it is effectual, and there needs no other; unless some large Vein be broken, or some extraordinary Flux of Blood otherways happens.

44. **N O S E S** to Dress: This is meant of an Ox, Steer, Cow, &c. Boil them tenderly, and then fry them in Sweet Butter; when fried, drain the Butter from them, and put to them Nutmeg and Anchovies dissolved in fair Water and White-Wine, with a little Salt and Mutton-Gravy; give all these a walm over the Fire, and serve them up in a Dish; then run it over with Butter beaten up with the Juice of Oranges, fried Parsley, and the Yolks of Eggs.

45. * **NOVEMBER**, Dishes in Season: I. *The First Course*: 1. Salmon boil'd with Whittings, Rabbits Frigasee'd, Fillet of Veal roast, Venison Pasty, Beans and Bacon. 2. Boil'd Rabbits with Turneps, Veal Cutlets, Hamch of Venison roast, Fruit, or Plum-Pudding, Beans and Bacon. 3. Chickens and Gooseberries, Lamb Frigasee'd, Fawn roast Baked Pudding, Loin of Veal roast. 4. Hogs-head boiled with Chickens, Leg of Mutton forc'd. Loin of Veal roast, Sweet Lamb-Pye, Rabbits Frigasee'd. 5. Turkeys boil'd with Marrow-Bones, Frigasee of Trouts, Loin of Veal roast, Bacon Frigasee, or Mutton in Cutlets. II. *The Second Course*, 1. Ducks roast, Chine of Salmon boil'd, Pease, Tongues, Black Caps. 2. Lamb roast, Artichokes, Butter'd Apple Pye, Sturgeon.

3. Rabbits roast, Asparagus-Tarts, Pan-cakes, Collar'd Beef. 4. Green Geese, Hedgehog Pudding, Larks roast, Neats-Tongues and Udders, Sturgeon. 5. Green Geese, Roast Sweet-breads, Pigs Petty-toes, Cold Tongues, Strawberries and Cream.

46. **NURSES** Milk to increase. Take of Earth-Worms an ounce, wash them well, and dry them so that they may keep sweet, and yet be reduced to a Ponder; then take half a Dram, or two scruples for a dose, in a Glass of Canary.

* *There is nothing so good as Powers of Fennel-Seeds, which may be given half a spoonful at a time, two, three, or four times a day, mixt with a good Draught of Posset-Drink; this besides breeding Milk in the Nurse, has the property of causing the Milk which the Child Sucks, to expel Wind, and prevent Gripes, which is very common in Young Children.*

47. **NUTMEGS**, they are somewhat Astringent and Stomack, Cephalick and Uterine; help Concoction, disperse Wind, and quicken the Sight; are of great use in Fluxes, especially the Bloody-Flux. The Chymical Oil cleanses and defends the Bowels from sharp offensive Humours, and eases the pains that frequently afflict them: The Aromatick Quality, consisting in the Airy Spirit, penetrates the whole Body, and administers Comfort, whilst the Gross and Earthy part, dries up Ulcers, and Cicatrizes them: Candied Nutmegs, or as they come over with their green Husks about them, are good in all cold Diseases of the Head, as Palsie, and other Diseases of the Nerves and Womb, and are very Cordial.

And notwithstanding all these Virtues in this one small Simple, yet if it be taken immoderately, that is, in too great a quantity, it proves very hurtful, occasioning sleepy Diseases, seeing they are very Narcotick, insomuch that *Tavernier* relates, That when these Nuts ripen in the *Molucca-Islands*, where they chiefly grow, the Birds of Paradise come Flocking to feed upon them; which they have no sooner done to any purpose, but a Giddiness seizing them, they fall on the Ground in a profound Sleep, or Doziness, and lye so long before they recover, that swarms of huge Ants that frequently eat off their Legs, or intolerably sting, and kill them in earnest.

48. * **NUTMEG**, *Nux Moschata, vel Aromatica, Moschoeryon, Nux Myristica*. The Male is Oblong, and the Female round; and round the Nut grows the Mace. It is Cephalick, Neurotick, Stomatick, Cardiack, Uterine and Astringent, helps Concoction, dissolves Wind, and eases the Colick. It mends a Stinking Breath, prevents Fainting, is good in the Palpitation of the Heart, abates the Spleen, stops Looseness and Vomiting, and is a remedy against the Bloody-Flux, and other Fluxes of the Bowels, having all the Virtues necessary for a Medicine for those Diseases. Oil of Nutmegs defends the Bowels from sharp Humors, eases Pain, and penetrates the Noble parts, comforts, strengthens and restores them. It dries up Ulcers, and Cicatrizes them, is used in all cold Diseases of the Head, as Palsies, Lethar-

gies, Convulsions, and other like Diseases of the Nerves; and also warms, comforts, and strengthens the Womb, being inwardly taken from a Scruple to half a Dram, and also outwardly applied. The Fruit, as also the Oil, are good for the healing of Wounds, and easing of Pain: The hardest and weightiest, or heaviest, are the best: The Oil also here intended, is that which is made by Expression.

49. **NUTMEG to Candy**: Take a pound of *D. L. S.* a quarter of a pint of *D. R. W.* and Gum Arabick three penny weight; boil them up to near a Candy-height; then having soaked your Nutmegs in Water, put them into it in an Earthen Vessel, cover it close that the Air may not come in, no more than through the porous part, and keep them in a warm place 20 days, and they will be of a Rock-Candy, &c.

50. **NUT-OIL**: Take small Nuts, break them in a Mill or otherways; rake out the Kernels, lay them in warm Water till the Skins or Husks come off them, and steep them in warm Sallet-Oil; and when they swell take them out and press them, and a curious Oil will issue from them: put them into a Glass Vessel, and let it settle and digest twelve Days in a warm place; then use it as occasion requires. It is good for cold and moist Swellings, or Pains in the Joints, or Burns, Scalds, and Tumours, especially mixed with the Ointment of Marshmallows, and likewise that of Tobacco.

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OAK-TREE: This Tree in every part is Astringent, but especially the Bark, the Decoction of which is good for the Bloody-Flux, or Spitting of Blood. The Acorns are Diuretick, and the distilled Water of a young Oak is good for Womens Diseases. Those that are cut for the Stone, use a Bath of it, made of the Bark, to heal the Wound or Incision. The Galls that grow upon outlandish Oaks, not only make Ink, but are of many singular Virtues, as being poudered and drank in White-Wine, to dissolve the Stone or Gravel; ease pains in the Bladder or Reins, and cleanse the Stomach, causing a good Digestion.

Take of the Water of Oak-Buds and Plantain, of each three ounces; Cinamon Water Hordeated, and Syrup of dried Roses, of each an ounce; Spirit of Vitriol two or three drops, to make it pleasant and sharp, and take it Morning and Evening: It is excellent to stay an immoderate Flux of the Courses, and to prevent them.

2. OATES: They are Physically, moderately drying, resolving and restringent; they are cool, and therefore boiled in Posset-Drink; in Fevers they are good, being heated, and put into a Bag, and laid to the Side; they ease pains, as likewise by such application, the Head-ach: The Ale made of them, cools and purifies the Blood, and eases the

Heat and Pains in Urine. A strong Decoction of them helps the Flux of the Belly; and boiled with Figs, Liquorice, and a little Honey, in Ale, they ease the violence of the Cough, or Cold; and in a little time, the Liquid part drank often as hot as may be, removes the Cause, and the Effects consequently cease.

3. * OATES: They are a very necessary and profitable Grain, and will grow very plentifully on such Land, where, by reason of the Cold, no other Grain will thrive. There's no Ground too Rich nor too Poor, too Hot, nor too Cold for them, and they speed better than any other Grain in Harvest. The Straw and Husk are of so dry a Nature, that tho' they are Housed wet, yet will they not heat in the Mow, nor become Mouldy as other Grain does. The best Season for Sowing them is in February or March. Being of an Opening Nature, and Sweet, they are the best Grain for Horses, other Grains being apt to stop: But if they are newly Hous'd and Thraht, before they have Sweated in the Mow, or before they are otherwise thoroughly dried, they'll be too Laxative. The white Oat is the best and heaviest Grain, and its Meal makes good Bread Porridge, Puddings, Cakes, and several other things. Of late they have made Oaten Malt, of which at *Dorham*, they have

Z 4 Brewed

Brewed Ale and Beer. Also about *Durham, Staffordshire, &c.* there grows a new sort of Oats, like unto whole Oatmeal, without Hulls, and with a smaller Blade than the Common Oats, but when ripe on the Ground, are not easily distinguish'd from them; but in Thrashing, come out of the Husk like *Dantzick Rye*, and need not be carried to the Mill, to be made into *Oatmeal*. It is a Grain which Poultry love, and by feeding on them, make them Lay great store of Eggs: An Acre requires 4 Bushels to Sow it, and will yield 20.

4. * **OAT-CAKES:** Take fine Oat-Flower, mix it with a little Water and New Ale Yest, making it pretty stiff, which form into Cakes, rowling them very thin, and so lay them on an Iron to Bake, or on a Baking-Stone: Make a slow Fire under them, and turn the edges of them round on the Iron, that they may Bake also, they will be done in a quarter of an Hour. A little before you take them up, turn them on the other side, only to flat them; but if you turn them too soon, it will hinder their rising. The Iron or Stone on which they are Baked, must be placed at some distance over the Fire.

5. * **OAT-MEAL:** It is used to make Water Gruel of, Meat Porridge, Milk Porridge, and Puddings of, and with the Blood of Sheep, Lambs, Calves, or Hogs, and Liver, to make Black Puddings of, as also boil'd Puddings, mixt with a proportionable quantity of Beef-Suet, Raisons and Currants, &c. If ground into Meal, it will make good and Sweet Bread, finer or coarser, as you please, which in

some Countries they call *Anacks, Janacks*, and the like as also delicate *Oat-Cakes*, as those in the former Section. And by steeping it in Water, and cleansing it, and then boiling it to a due thickness, is made that which is called *Washbrew*, or *Plummary*, much used in many parts of this *British Kingdom*. And from the grosser part of the Meal, is made that which is called *Gird-Brew*, which is also a good Nourishing Food for Servants and Labouring Men: And at Sea they make thereof their *Burgeo*.

6. * **OAT-PUDDINGS:**

They are made of the whole Grets whether they be 1. *Black*, as those which are made of the Blood of Sheep, Lambs, Calves, Fallow-Deer, Geese, &c. adding to the whole Grets, Beef-Suet, Hogs-Fat, with Grated Liver, Sweet Herbs, Salt, &c. 2. *White*, in which the Grets are mixed with Crumbs of White Bread, or white Biscuit beaten small, Eggs, Beef-Suet, Sugar, Salt and Currants, brought into a consistence with sweet Cream. 3. *Bag Pudding*; to the whole Oatmeal, steeped all Night in Milk, they add a proportional quantity of Eggs, Salt, Beef-suet shred, large Currants, Raisons of the Sun stoned, and Cream enough to bring it to a due consistence, which they put up into a Linnen Bag, or tie up in a Cloth, and so boil it. The same also without the Fruit, is sometimes put into the Body of a Goose to be Roasted.

7. * **OATMEAL Pudding,** Take sweet Cream a quart, a pint of whole Oatmeal bruised, which mix with the Cream cold; boil them softly till all the Cream is soaked up, adding in the boiling

ing a Blade or two of Mace : when 'tis cold, take the Yolks of 8 Eggs, and four of the Whites, which beat with 6 spoonfuls of D. R. W. which add to the former Cream and Oatmeal ; season it with Cinamon and Nutmeg in powder, Sugar, and a little Salt ; melt a good piece of Butter, putting into it some Beef-suet sliced or cut small, or Marrow, and adding to it a little Grated Bread, mix all well together, and put it into a Butter'd Dish, and so Bake it.

8. * OATMEAL Pudding, another : Take a Quart of Cream, and three quarters of a pint of beaten Oatmeal, boil them till they are thick like Batter for Pancakes : Then add to it 2 or 3 Spoonfuls of D. R. W. Yolks of 6 Eggs, a Penny white Loaf grated, half a pound of Butter, one grated Nutmeg, and D. L. S. to sweeten it to your liking, which Bake in a Dish as the former.

9. * OCTOBER, Dishes in Season. I. The First Course, 1. Cods Head boiled, Mutton boiled, Pigeon Pye, Pike roast. 2. Or these, Soup major, Oatmeal, Salmon and fresh Carp, Neck of Veal. 3. Or these, Veal Ragoo'e, Rabbits Frigosee'd, Marrow-Pudding, Solomongundy. 4. Or these, Pigeons and Bacon boil'd, Limon-Pudding, Sheeps Tongues Frigasee'd, Beef boil'd. 5. Or these, Forc'd Tongues, boil'd Fowls, Beef roast, Stake Pye. 6. Or these, Pike roast, Calves-Head boil'd, Apple Pudding, Roast Tongues. II. The Second Course, 1. Lamb in Joints, Sweet-breads Ragoo'd, Pippins Stewed, Eels Potted. 2. Or these, Ducks or Partridges, Oat-Cakes fried, Oysters scolloped, Sawfages.

3. Or these, Turkey with Eggs, Oyster Loaves, Potted Woodcocks, Apple-Pye. 4. Or these, Chickens roast, A Tansley, Sweet-breads roast, Eels Potted. 5. Or these, Pigeons Larded and Roast, Gooseberry-Tarts, Lamb-Stones Ragoo'd, Eels or Trouts Potted. 6. Or these, Lamb roast, Pancakes, Collard Beef, Sturgeon, Lobsters potted.

10. ODORIFEROUS

Water : Take the Roots of Florentine-Orrice and Benjamin, of each one ounce and half ; the best Storax six drams, Lignum Rhodium half an ounce ; Aromatick Reed, and Labdanum, of each two scruples ; Flowers of Benjamin one scruple ; beat them into Powder, and put them into a Matraass, and let them macerate twenty four hours in Balneo Mariæ lukewarm, in a quart of D. R. W. the Matraass being stopp'd, and then distil them in the same Bath a little hotter : and mixing with this Water Musk and Ambergrise six Grains, keep it as a Water of a curious, wholsom, and odoriferous scent, to scent, or perfume Rooms, Gloves, or what else requires it.

This, for its admirable pleasant Scent, is called Angels-Water ; it likewise contributes much to the Lustre of the Face and Hands, being washed with it, mixed with a little of the Water of Fumitory. The Sediment dried and mixed among Cloaths, gives them a fine Perfume, and drives away Moths, Worms, &c.

11. OIL ANTEPILEPTICK :

Take the Shavings of a Dead Man's Skull, that Died a Violent Death, four ounces, Amber pulverized two ounces, mix them together, and put them into a glass Retort, fitted with a Recipient, and Distil them in a Sand Heat with a gradual Fire ; rectifie the Oil

Oil mixed with Spirit, Phlegm, and Volatile Salt, and separate them.

This Oil is beyond compare for the Epilepsie: A few drops of it taken in some Cephalick Waters, as that of Betony, Pellitory, Camomel or Mint, you may take from three or four, to five drops: Anoint with it in great Pains, the insides of the Nostrils, Temples, and the Sutures of the Skull, and immediate ease ensues.

12. OIL of BAYS: Take the ripe Berries, bruise and boil them a good space in Water, then strain it out; press the Berries hard, and when the Liquid part is cool, skim gently that which swims on the Decoction, which is the Oil, and is good to extenuate, calefie, and dissipate Wind in the Stomach; it dissolves cold Diseases in the Head, and eases the Pains of the Colick.

13. OIL of BEN: It is made by expression, as is Oil of Almonds; the Nuts bruised with a few Aniseeds, and mixt with Water and Vinegar, and so drunk, does purge the Body from both thin and gross Phlegm, and gives ease in the Colick. The Oil which is drawn out of the Nuts, doth the same also, and provokes Vomiting, cleansing the Stomach of much foul Matter gathered therein; the Nut it self in its gross Body, much troubles the Stomach, which if it is Roasted, loses some of its violent Quality, and then purges mostly downwards. The Oil given in Clusters, is very good to purge the Bowels; and droped into the Ears, helps the Noise in them, the Oil also is good against the Itch, Leprosie, Scabbiness, running Sores, roughness of the Skin, Morpew, dry Scurf, Scars, Wheals, Psm-

ples, Freckles in the Face and Skin, especially if it is used with Vinegar and Nitre, or rather Saccharum Saturni, or mixt with the Meal of Darnel or Orebun, and applied Plaisterwise, in which manner it is good against the Pain of the Spleen, and the Gout; mixed with Barly-Meal, and applied as a Cataplasm, it comforts and strengthens the Sinews, and is good against Cramps, Convulsions, Nodes and hard Swellings. It is an Oil which never grows stinking or rank, and therefore used by Perfumers; and although it has no smell of its own, yet it attracts receives, and preserves the sweet Smells of Musk, Civet, and Ambergrise, or other things, and keeps Gloves, Leather, and other like Materials, that they shall not admit of any Spot or Stain, or ever grow Mouldy, as those things do which are perfumed with Oil of Almonds; and it is much fitter to receive the sweet Scents of other things, because it has no Smell of its own, nor grows rank by long keeping. &c.

14. OIL of Bitter ALMONDS: This Oil does very much attenuate, and dissipate Wind, cures the Noise of the Head, by dropping into the Ears, mollifies the stubbornness of the Sinews, and opens Obstructions of the Liver.

15. OIL of Bitter ALMONDS Compound: Take Oil of Bitter Almonds two ounces, putting to it half an ounce of *Sperma Ceti*; mix and dissolve, and with it anoint the Face when the Small-Pox is drying: and by often doing it, it will make them shale kindly, without leaving any Marks.

16. OIL of CINAMON:

Bruise four pound of Cinamon, infuse it in six quarts of hot Water, leave it to digest in an Earthen Vessel, close stopped for two days; then put the Infusion into a Copper Alembick, fit the Receiver to it, and lute the Joints with a wet Bladder; distil with a pretty good Fire, three pints of the Liquor, then unlute the Alembick, and pour it into it by inclination, the distilled Water, and at the bottom you'll find a little Oil; put it into a Viol, and stop it close; distill the Liquor as before, and then return the Water into the Still. Take the Oil found at the bottom of the Receiver, and mix it with the first, repeat this Cohobation till no more Oil arises. This Oil strengthens the Stomach, helps Womens Deliverances, the Courses, and much increaseth Seed.

17. * OIL for DEAFNESS:

Take pressed Oil of Ben, Bitter Almonds and Bay-Berries, of each two ounces; Spikemaid, Castoreum and Coloquintida shred, of each a Dram Juice of Rue, and White wine, of each an ounce and a half; put these into a Matraass close stopped, and let them digest twenty four hours in a lukewarm Baño Mariæ, then increase by degrees, the heat of the Bath, and boil them to the Consumption of the Moisture; strain and press the Oil out for use, mixing afterward with it six Grains of Musk.

This Oil put just warm into the Ears, a drop or two at a time, wonderfully helps Deafness, in those that were not Born so; but such as were Born Deaf, very rarely recover, tho' some Foolish Pretenders to all manner of Cures, will, for the sake of your Money, promise infallible Success therein.

18. OIL of EGGS: Take the Whites of twelve Eggs, beat them so that they become a kind of an Oily substance, extract that, and put one spoonful of the Oil of Tartar to it; mix them well together, and set 'em in the Sun, so that at the bottom a thick settlement will remain; take then the Oil that swims a top off, and put it into a Viol, and let it stand in the Sun till it becomes as white as a Curd. This is exceeding good for Pains, Aches, Bruises, or any hot Humours settling, also for Burns or Scalds.

19. OIL of EGGS, another:

Take Yolks of Eggs, and put them in a Pot over the Fire, let them stand till you perceive them to grow black, then put them in a Press, and an Oil will squeeze out of them, which is excellent good in all manner of Burns and Scalds, Blasts by Lightning, or ill Airs.

20. OIL of FOXES: Take

a Fox of about a Year old, Flea, and cut it to pieces; put to it four ounces of common Salt, Spring-Water as much as will serve to boil it; boil it in an Earthen Glazed Pot, covered over a gentle Fire, so long that the Bones start out; then strain out the Broth, and squeeze the Flesh till all the moisture comes from it; put to it Dill and the tops of Thyme fresh gathered, of each two handfuls; Sage, Rosemary and Ground-Pine, of each one handful; Sallet Oil four pound: Return the Broth into the Pot, and having put in the Herbs and Oil, cover it very close, and let it stand twenty four hours in a warm Bath; make it boil for two hours, and strain it strongly, pres-

pressing out the substance, then separate the Oil and keep it for your use.

This powerfully digests and dissolves cold Humours that fall on the Nervous and Membranous Parts: It is proper against all Infirmities of the Joints, Rheumatisms, Sciatica's, and cold Gout, and may be applied hot to the Parts alone, or mixed with other proper Unguents.

21. OIL of LIZARDS:

Take pressed Oil of Walnuts depurated three pound, and three ounces of White-Wine, put them into a Glazed Earthen Pot with a narrow Mouth, set in Balneo, boil it till it is exceeding hot; then take Green Vigorous Lizards, in number twelve, fifteen, or twenty, as they are in bigness; suffocate them in the scalding Oil, and having well stopped the Pot, boil them to the Consumption of their moisture; then strain and press them, and preserve the pure Oil for use.

Oil of Lizards is commended for making the Hair grow on bald Heads, &c. It is a Specifick to cure Burstenness, the Bowels being first put up, and the Party anointed with it very warm; then laying on the Panicle that incloses the Intestines of an Animal moistned with this Oil, and strewed over with some Astringent Powder, binding on a good Pillow, to keep the Bowels tight.

22. OIL of MACE:

Three or four Grains of it fasting, in a little Broth, eases the pains of the Colick and Strangury; it comforts the Heart and Stomach, and helps cold Diseases of various kinds. Anointed upon the Pit of the Stomach, it strengthens it, comforts and warms it, and is good against the Colick, and

all sorts of Gripings of the Guts, outwardly anointed upon the Stomach and Belly, and inwardly taken from three grains to a scruple, according to the Age of the Patient. Be sure that you chuse that which is good of the kind, by Expression, and not the Counterfeit sort which is worth little, and only deceives the expectation of the Patient. Anointed upon the Nostrils, Forehead and Temples, it eases the Headach and Megrim, proceeding from a cold cause, and being applied, gives ease also in the Gout.

23. OIL of MINT:

Take the Leaves of Mint, bruise them, let them macerate in the Juice with Oil Omphacine, and change and boil it as you do Oil of Roses. This greatly strengthens the Stomach, a few drops being taken in Wine, Beer or Ale, and the Stomach anointed with it, it also helps Concoction, and does many other good Offices, proper to an Excellent Pectoral Oil.

24. OIL of MUSTARD SEED:

Take two pounds of the plumpest Mustard-seed, four pounds of Olive-Oil, grind them together, and let them stand nine days; then press out the Oil, and keep it for your use. It is excellent in case of the Palsie, Gout, Itch, or any other such like Maladies.

25. OIL of NARD:

Take of Spicknard cut small and bruised, three ounces, strong Wine five ounces; put them into a strait Mouthed Glazed Earthen-Pot, and let them infuse in a moderate hot place; add half a pint of Olive-Oil, stop up the pot, and keep it in a boiling Balneo, till the Wine be almost consumed: after that strain and press

it

it strongly, separate the Oil from the Faces, and keep it stopp'd very close for your use.

This Oil is proper to heat, digest, and attenuate, being a moderate heater, so that it is very useful against cold and windy Afflictions of the Brain, Stomach, Liver, Kidney, Spleen, Bladder and Matrix; it unstops and purges the Brain; Cotton being dipped in it, and put to the Nostrials, asswages the pains of them: it is good against the Palsie, and shaking of the Nerves, also Tumours, Suffocations, and Stranglings of the Matrix, being used as a Pessary; it is also used by way of Injection, to assuage and allay Pains, or heat of the Bladder.

26. OIL of NEATS-FEET: Boil Neats-Feet, and you will find an Oily Quality swimming on the top, scum it off, and purifie it; and in case of any Afflictions of the Nerves, anoint the Place grieved with it as hot as can be endured, and it will extremely strengthen them, taking away Pains, Aches, or Weakness in the Back, Reins, Muscles, Joints, or Nervous Parts, when anointed with it Morning and Evening. It likewise cures a wasting Consumption, or pining in any part of the Body, being anointed often with it, by reason it Nourisheth the Fleeshy, or Musculous parts, adding strength to them; but is more powerful in its Operation, if you take a pound of it with the Oils of Amber, Lavender, Rosemary, Oranges of each an ounce; Camphire half an ounce: mix these well together, and in case of Strains, Coldness, or Weakness of the Joints, anoint them with it, chafing or rubbing it in warm, you will find wonderful ease, and

a cessation of Pain; it make likewise the Skin plump and smooth.

27. OIL of OSPREY: Take thirty Scorpions, Oil of Bitter Almonds two pound; put them into a narrow-necked Vessel, and let them digest for thirty days in the heat of Summer in the Sun; then strain it out, and keep it close stopp'd.

This is the Counterfeit sort, which is almost every where Sold for the True. But the True, is the Oil made out of the Osprey or Sea-Eagle itself; it is taken out of its Rump, and is used chiefly for the catching of Fish; but it is a Fabulous Story, for that they pretend, that it catches Fish by alluring them, and Stupifying them; whereas it has no such Virtue at all, nor any Sympathetick Power in the least to force; so that their putting this Oil into their Fishing Receipts, for such a purpose, is altogether as Foolish as it is False, and destitute of the Faculty they pretend to be in it.

This is good against the Stone or Gravel in the Kidneys, the Reins being anointed with it, as also the Share and Perineum; and Injected into the Urinal Passage; it is also good against the Bite or Sting of any Venomous Creature, and the Malignity of the Plague. Some think it should be used only as an Ointment; but others hold it may be given inwardly against the Pains of the Colick and Stone, the Dose being from one to two drams, in any Powder or Vehicle.

28. OIL of SCORPIONS: Take those of a middle size, when the Sun enters Leo, to the number of thirty; Oil of Bitter Almonds a quart; set them in the Sun forty days, then press out the Oil, and keep it close stopp'd.

This

This is a good Oil for the King's-Evil, old Sores, Cancers, Inflammations, and Defects of the Skin: It gives ease to the Stone, the Reins and Flanks being anointed with it, and cures the Biting of Poisonous Creatures.

29. *OIL of SPICKNARD
Chymical: It is given internally against Palsties, Lethargies, Coma, Carus, Apoplexies, Convulsions, and all other cold and moist Diseases of the Head, Brains, Nerves, Stomach, Womb, and other Viscera, and all like Affections and Weaknesses of the Joints. Dose from 6 Drops to 12 or more, first dropt into Sugar, and well mixt with a Glass of choice Canary or White-Lisbon, Morning and Night for some time. Outwardly the Parts affected, may be anointed therewith, by mixing one ounce thereof with an ounce, or ounce and half of Oil of Ben, and rubbing it well in.

30. OIL of VIPERS: Take Live Vipers, large, fat and vigorous, in number twelve; the best Olive-Oil two pound; strong White-Wine eight ounces: Put the Oil into an Earthen Vessel well Glaz'd within. Let it boil in a hot Bath till you cannot endure to put your Finger into it; then plunge the Vipers one after another into the Oil, and when they are stifled, pour in the Wine prescribed; cover the Pot, and let it boil till the moisture of the Vipers is almost consumed; then strain and press out the Oil, and separate it from the Feeces, and keep it for use.

This is chiefly commended for taking away the Deformities of the Skin, as Tetters, Scurf, Leprous-Ulcers, and highly esteemed for

those Ulcers that are caused by a Venereal Poison; the use of it externally, is alone, or in Liniments, or Pomatums: It is also recommended for asswaging the Pains of the Hemorrhoids, and to facilitate the Delivery of Women, the whole Region of the Belly being anointed therewith.

31. *OIL of VITRIOL: It is that which remains in the Cucurbit after the Rectification, by which the Acid Spirit is drawn from it. It is the more fixt part of the Spirit of Vitriol, made Caustick by the Force of the Fire, and is used in the Dissolution of Metals, and when Diluted, given inwardly against vehement Coughs, and Weaknesses of the Stomach. If it is mingled with Spirit of Vitriol, Common Water, or any Aetherial Oil, as Oil of Juniper, Rosemary, Turpentine, &c. it will grow very hot, so hot sometimes as to break the Vial which contains the mixture. Mr. Boyle says, that by carefully mixing an equal weight of Oil of Vitriol, and truly rectified Spirit of Wine together, and then by a wary management of the Fire, drawing off what will come over, he could obtain, (besides a subtil odoriferous Spirit, and an acid Sulphureous Liquor) a considerable quantity of Chymical Oil, sometimes deeply colour'd, sometimes pale like Water, and sometimes exceeding Fragrant, and without any Acidity in it all: Yet was it so ponderous, as not only to sink in Water, but even in the Acid Spirit, which was drawn off with it, and seems to be the Oil of Vitriol only altered and exalted: Nor would this Anamolous Oil, at all mix with Water, tho' both the

the Oil and Spirit, from whence it was Distilled, would readily do so.

32. OINTMENT for BURNS. Take sweet Butter two pound, melt it over a moderate Fire, and add to it an ounce of Venice-Ceruls, in powder, Camphire a dram, mixed with a little Spirit of Wine, and make them up into an Ointment over a gentle Fire.

This Ointment among the Professors of Chirurgery, has a great Esteem: For it not only Cures common Burns or Scalds, but those with Gun-powder, Lightning, melted Sulphur, or Lead if Curable.

33. * OINTMENT Green: Take Rosin in fine Powder, Bees-Wax, Honey of each an ounce; melt them together over a very gentle Fire; to which add Hogs-Lard half a pound, Turpentine aalf a pound; mix, and take them from the Fire, and add Purified or Fine Verdigrise in fine Powder one ounce; let all simmer over the Fire, but not boil, (for then it will be apt to turn red) stir it till almost cold, and keep it for use.

**34. * OINTMENT Mercu-
rial.** Take Ethiops Minerale 12 ounces, Beef Suet a pound: Oil Olive 3 ounces: mix them over a gentle Fire. Apply'd to hard Swellings and Tumors, it discusses them, eases pain in the Shin-Bones and other parts; is good against an Imperigo in the Palms of the Hands, Soles of the Feet, or other parts. Cures Tettars, Ringworms, Scabs, Pustules, Leprosie, and otherlike breakings out; and heals filthy Ulcers, and other foul running Sores in the Legs, Thighs, Head, Secrets, or other parts; and is profitable in curing an Oedema, easing Canicers, and taking away the pains of the Gout.

**35. * OINTMENT of Ol-
denburgh.** Take Clarified Honey two pounds, melt it over a gentle Fire, and add thereto Refined Verdigrise, white Vitriol, of each in fine Powder four ounces; Galls in fine Powder two ounces: stir them very well over a gentle Fire till they are well mixed; then add pure Sublimate in fine powder, (but I like Turpethum Minerale, or the Princes Powder much better) and stir them together till they are cold. It cleanses and dries up putrid and filthy Ulcers, and old running Sores admirably. In the Cure of Pains, Clefts and running Sores, gently anoint them over with a Feather, renewing the application every day. Apply'd to Warts, it also perfectly cures them.

**36. OINTMENT for the
Small-Pox:** If you would prevent Scars, and Pitting in the Face, Hands, or any parts of the Body, Take a piece of Fat Rusty Bacon with the Rind off, and put it on a Spit, set a Pewter Platter under it with fair Water, and let the Fat drop into it; and when it has dript away as much as is convenient, beat the Dripping and the Water together about a quarter of an Hour, and let them stand till they are cold; then pour out the Water, and pass the Fat with mixing through two or three Waters, till all the Saltness, and offensive Scent is gone: Wash it in D. R. W. and put it up in a Gally-Pot; and when you use it, melt it, and Pate it on the Face with a Feather, often so doing, till the Scabs and Scurf come clear away.

**37. OINTMENT for
Sores, Old or New:** Take Honey of Roses and common Honey, of each

each four ounces; Oil of Turpentine an ounce three quarters; the Yolks of two New-Lay'd Eggs; mingle them well, and keep them stirring over a gentle Fire, till they become an Ointment; then dip Rags and Pledg-ets in it, and lay to the griev'd place, often renewing them.

38. OINTMENT for the Spleen. Take Gum Ammoniacum, Gaibanum, Oppopanax, Sagapenum, Tacamahacca, Saccharum Saturni, all pure and clear, of each an ounce; mix and dissolve all over the Fire, with a little Vinegar; then add Sheeps-Suet, Oil of Ben, of each six ounces: Bees-Wax, Turpentine, extract of Aloes, extract of Opium, Camphire, of each six Drams; Turpentine, Gum Elemi, Balsam Capivi, of each half an ounce; mix and make an Ointment, or soft Emplaster; it is a wonderful thing, softens and dissolves Tumors, both of Liver and Spleen, and other hard Swellings, in any part of the Body, chiefly an Oedema in the Knee, and gives ease to any part, though the Pain is never so vehement. It is good also against the Pain and Hardness in Womens Breasts, whether it proceeds from Cold, the Curdling of the Milk, or from Blows. It is indeed a most excellent thing, and ought to be esteemed as a Jewel.

39.* OINTMENT of Tobacco. Take Tobacco Leaves two pounds, fresh Hogs-Lard one pound; bruise them in a Marble Mortar, adding Red Wine four ounces: digest them together for 2 or 3 days, then boil with a very gentle Fire, continually stirring it, till the Wine is consumed; strain out by pressing; put it over the Fire again, and add Clarified Juice of Tobacco a pint; Chio, or Strassburgh Turpentine, Bees-Wax, of each

4 ounces: Round Birthwort-Root in fine Powder (or rather fine Powder of Tobacco) three ounces; boil first to the consistence of an Ointment, and then add the Powder, stirring all together, till it grows thick, and is almost cold. This is the best of Ointments for the cure of Wounds Old or New, and to cleanse and heal all sorts of old running Sores, putrid and stinking Ulcers, Fistula's, Cankers, and Venereal Ulcers, tho' of long standing. It eases the Gout and Rheumatick pains being applyed, also Bruises and Wounds, tho' made with Poisoned Weapons, or by the bitings of Mad Dogs, Vipers, or any other Venomous Creatures: Burnings and Scaldings, tho' with Oil, Pitch or Gun-Powder. It Scales the Bones if corrupted, and takes away all the Putrefaction, Rottenness, and Dead Flesh, breeding Good and Sound Flesh in the place; and in a Word, performs all the Intentions of Healing. It gives ease to, and cures the Piles or Hemorrhoids, being often anointed on the part Afflicted.

40. OINTMENT for Ulcers: Take six pound of Butter made the latter end of May, or beginning of June, boil it over a gentle Fire, Clarifie it, and take away the Dregs; then add yellow Wax, four pound, Rosin two pound, and Venice Turpentine one pound, make these into a proper Ointment over a gentle Fire.

This Ointment is very Solid, that it may continue on the Parts griev'd, and is not only proper for the Cure of Ulcers in the Legs, but for Tettars, Chilblains, Chaps, and Rists of the Breasts, and other Parts of the Body.

41. OISTERS, Spirit Oil, and Volatile Salt. The Flesh of this

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this Fish is Nutritive, Stomachick, and Restorative in Consumptions, being either Pickled, Stewed, Roasted, or eaten raw; they open Obstructions of the Urinary Parts, and increase Speed; eaten raw, they cause a good Appetite, and are easie of Digestion, confirm a weak Stomach, and create good Nourishment to decayed Members. There are Waters, Oils, Spirits, and Volatile Salts, drawn from Oysters in this manner.

Take five Quarts of large Oysters when out of the Shells, put them into a Cucurbit, and in Balneo Mariæ distil off the Water to dryness, that is Phlegm, with very little Volatile Salt in it. This may be used in all cases where a Milk-Water is requisite. Then put the dried Oysters at the bottom into an Earthen Retort, or a Glass one well Coated, fixing to it a large Receiver; and upon the Fire, tho' not too violent, draw off the Spirit, Oil, and Volatile Salt: Let the Fire at first be very gentle, to bring forth the remaining Phlegm, then increase it gradually, that the Spirit may follow in white Clouds: Continue the Fire, increasing it to the highest degree; so will the Volatile Salt and Oil ascend, and come forth; which Rectified, separate and keep for use.

The Salt restores in Consumptions: It is good against all Diseases of the Head, Brain and Nerves, as the Apoplexy, Epilepsie, Vertigo, Lethargy and Palsie; as also Pleurifies, and all Obstructions of the Lungs and Brest, Stoppage of Urine, Jaundice, and the like: You may take it from four grains to twelve. The Spirit has the same Vertue, but is weaker; and therefore may be taken from twenty four to forty, fifty, or sixty drops: The Oil smells very

strong, and therefore must be rectified. The smelling to it is good against Vapours, and Hysterical-Fits, especially being anointed on the Nostrils. Take of the Oil two ounces, Spirit of Nitre one ounce: mix and digest them ten Days, then add eight ounces of rectified Spirit of Wine, and digest it a Month; filter it, and keep it close. This opens Obstructions, and prevails powerfully against the Chelick, and other windy Obstructions of the Bowele. The Dose is from twelve to thirty drops.

42. OISTERS to Broil: Take the largest Oysters and put them into Scollop Shells, or into the biggest Oister-Shells, with their own Liquor, and set them upon a Girdiron, over Charcoals, and when you see they be boiled in the Liquor, put in some Butter, a few Crumbs of Bread, and a little Salt, then let them stand till they are very brown, and serve them to the Table in the Shells upon a Dish.

43. OISTERS Broil'd the Dutch way: Take two quarts of large Oysters, open and parboil them in their own Liquor; put them into a strainer, and then into a Pipkin, with some Mace, Butter and slices of Onions; stew them, and after that lay the Shells on a Gridiron, and put two or three of them into a Shell, and there let them broil or stew in their Liquor; and so setting them on Plates, fill them with beaten Butter, and serve them up.

44. OISTER CHEWITS: Take three quarts of Oysters ready opened, and parboiled in their own Liquor, wash them in warm Water; dry them, and mince them very fine, season them lightly with Salt, Pepper, Cloves,

A a Mace,

Mace, Cinamon, some minced Raisins of the Sun, sliced Dates, Currans, Sugar, and half a pint of White-wine; mingle all together, and put Butter in the bottom of the Pyes; so fill them up and bake them. These must be very small Pyes, and ten or twelve of them served upon a Plate together.

45. **OISTERS to Fry:** Take of the largest Oysters, wash them, and dry them, and beat an Egg or two very well and dip them in that, and so fry them; then take their Liquor and add an Anchovey, and some Butter, and heat them together over the Fire, and having put your fried Oysters into a Dish, pour the Sauce over them and serve them in.

46. **OISTERS another way:** Take the largest, wash them in warm Water, parboil them, and save the Liquor, and steep them in White Wine Vinegar, sliced Nutmeg, large Mace, whole Pepper, Cloves, a little Salt; and having given them a walm on the Fire, set them off, and let them steep two or three hours, take them up, and dry them, and then dip them in a Batter made of Flower, and the Yolks of Eggs, some Salt, and Cream, and so fry them; and when they are fried, keep them warm: take some of the Spices, Liquor of the Oysters, and some Butter, beat them up thick, with some slices of Orange, and Yolks of Eggs, and dish the fried Oysters over a Chafing-dish of Coals: run the Sauce over them, and garnish them with Barberries, then serve them up.

47. **OISTER-GELLY:** Take 10 Flounders, two small Pikes or Plaice, and four ounces of

Isinglass finely cleansed; boil them in an Earthen Vessel in two quarts of Spring-water, and as much White-Wine, with some sliced Ginger, and large Mace; and being boiled to Gelly, strain it through a Strainer into a pretty large Dish; when it is Cold, pare the top and bottom, and put it into a Pipkin with the Juice of six or seven Limons to each two Quarts of Gelly, also three pounds of fine Sugar beaten with the Whites of twelve Eggs. Rub altogether with a Rolling-Pin, and put among the Gelly, being melted, but not too hot; set the Pipkin on the Fire to stew, put into it a Grain of Musk, and as much Ambergrise well rubbed, and let it Stew half an Hour on the Embers; then stew the Oysters in White-Wine, their own Liquor, and the Juice of Oranges, Mace, sliced Nutmeg, whole Pepper, and some Salt; and having disshed them with some preserved Barberries, run the Gelly over them, and Garnish them with Limon, and preserved Barberries.

48. * **OISTERS Grill'd.** Butter the Scollop-Shells very well, cut off their Finns, season them lightly with Pepper, Salt, and shred Parsly, and lay them neatly in the Shells, and cover them with the Oister Liquor and grated Bread; boil them for half an hour, and brown them with a red-hot Iron, or Fire-Shovel, and so serve them. After the same manner you may grill Shrimps.

49. * **OISTER Loaves.** Take French Rowls, cut a little hole on the top, as large as a Half-Crown; take out all the Crumb, without breaking the Crust: Stew some Oysters in their own Liquor,

Liquor, a Blade or two of Mace, a little crackt Pepper, Salt, Nutmeg, and a little White-wine. Scum, and thicken with a piece of Butter rowled up in Flower, then fill up the Rowls with the same, and put on the piece again which you cut off, and put them in a Mazarene Dish, being first dipt into boiling Milk or Cream: Melt Butter and put it upon them, and set them in the Oven till crisp, the Oven being but gently heat.

50. * **OISTERS to Pickle.** Take the largest Oysters, put the Liquor on the Fire, with a good deal of Mace, a Race of sliced Ginger, whole long Pepper, a little Salt, a few Bay-Leaves, and an Onion slit: Boil these well together, then put in your Oysters, and let them boil a quarter of an hour; after which, take them out, and put them into the Pot you intend to keep them in: let your Pickle have a boil of two, take it off; and being cold, put it into the Oysters in the prepared Pot.

51. **OISTER-PYE:** Parboil your Oysters, and season them with Pepper, Salt, and Nutmeg, and the Yolks of hard Eggs; and the Pye being made, put a few Currants in the bottom, and lay on the Oysters, with some sliced Dates, Blades of Mace, sliced Lemon and Barberries; put on Butter, and close it up, and bake it; then Liquor it with Butter, White-Wine and Sugar beaten up together.

Or this way: Season them as before, but boil them not; put in two or three Onions cut in quarters, but leave out the Currants and Sugar, slice a Nutmeg on them, as also hard Eggs must be laid in halves with

large Mace and Barberries; Liquor them as before, only add to the Liquor Juice of Oranges.

52. **OISTERS to Roast:** Take the largest, and spit them upon little long Sticks, and tye them to the Spit, lay them down to the Fire, and when they are dry, baste them with Claret-wine, and put into your Pan two Anchovies, and two or three Bay-Leaves; when you think they are enough, baste them with Butter, and dredge them, and take a little of that Liquor in the Pan, and some Butter, and beat it in a Porringer, and pour over them.

53. **OISTERS to Stew:** Take a quart of the largest Oysters, with a little of the Liquor, half a pint of White-wine; two Anchovies, some Blades of Mace, a little Thyme, two Shallots, let them stew gently nigh a quarter of an hour; you may put in a little Flower to make the Liquor something thick; when they are enough put in half a pound of sweet Butter, and shake them together, serve them up, garnish the Dish with Barberries and Limons sliced.

54. * **OISTERS to Stew.** Take a quart of Oysters, with their Liquor, 3 or 4 Shallots, a pint of White-wine, a little crackt white Pepper, six or seven Blades of Mace, a little Salt, and a piece of sweet Butter; let them stew softly for about half an hour, then put in another piece of Butter, and shake it together till melted: lay Sippets in the Dish, upon which pour out your Oysters, and so serve them up.

55. **OISTER-SHELLS.** Take the inward part of the Shell, that is of a shining White,

or Pearl colour, and reduce it to Powder by Calcining: It easeth Heart-burnings, and the Pains of the Stomach and Colick, as also other pains of the Bowels, proceeding from sharpness of Humours; it cheers the Heart, and has all the Virtues of Pearl.

56. *O L E O to make:* Joint three Chickens and three Rabbits in every Joint; put them in a Stew-Pan, with a quarter of a hundred of Oysters, two pound of Sausages, two or three Blades of large Mace, a Nutmeg slic'd, a Bunch of Sweet Herbs, let it stew with a pint of White-Wine, two or three Ladle fulls of strong Broth, put into it a quarter of a pound of Sweet Butter, and serve it with Barberries and Limons.

57. ** O L E O to make:* Take the Caul of a Brest of Veal, lay a Layer of Bacon, and take Chickens, Rabbits or Veal, with as much Marrow or Beef-suet as Meat, with two Anchovies, Spinage, Thyme, Marjoram, Savory, a few Chives, Limon-peel, a little Salt, Pepper, Nutmeg, and beaten Mace, the Yolks of hard Eggs, a few Mushrooms and Oysters; beat all these in a Mortar very well, and lay a Layer of midling Bacon, and then rowl it up hard in the Caul, which roast or bake, as you please. Cut it into thin Slices, and lay it in your Dish, with strong Gravy Sauce, for a Side-Dish.

58. ** O L E O to make otherwise.* Take 12 Pigeons and six Chickens scalded, but all whole, or cut in halves; a Rabbit half roasted, cut into pieces, a Neats Tongue boiled tender, and cut into thin pieces, as big as half Crowns; Sweet-breads also cut into little pieces; Put to all this a quart of

Red-Port-Wine, three pints of strong Gravy; stew all softly together, adding a little crackt Pepper, four Onions halved, Savory, Thyme and Marjoram, tyed up in a bunch. When the Meat is almost enough, put in a good many Capers shred small, 20 pickled Oysters, with four or five spoonfuls of their Liquor, four Blades of large Mace, Limon-peel shred small, and a Limon and half cut into pieces as big as Dice; mingle all well together: then beat 12 Eggs into the Liquor, let them scald in it to thicken it. Rub the Dish to be served in, with Garlick, and build the Meat up in it, on a heap, and pour the Liquor all over it: Lay upon the Meat boiled Marrow, fryed Oysters, Limons sliced, Sausages crispt, Bacon and Balls made of grated Bread, a little Cloves, Mace, Salt, and *Indian Nasturtium* Flowers Pickled: wet them with the Yolks of Eggs, rowl them in Balls, and boil them before you lay them on, which cut, if you so please, and lay them on the Meat with Blanched Garden-Beans, and French or Kidney-Beans, and so serve it.

59. *O L I V E S, their Virtues* Olives are gathered, either that Oil may be extracted out of them, or that they may be reserved for Banquets, by Pickling them in Salt and Water: The Olive hath in it a very Restraining Virtue; for the Decoction of the Leaves in a Clyster, stayeth the Flux of the Belly; and the Juice with Whit: Wine, or fair Water, being often drank, restraineth the Bloody Flux: The Sap distilling out of the Olive Tree, or that out of the Wood where it is burn-

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burning, cures the Itch. Tettars, and Ringworms. *Luca-Olives*, especially being eaten, provoke Appetite, and get a good Stomach: The Oil extracted, or rather flowing from them of its own accord, is of singular Virtue, being either applyed outwardly, or inwardly, according to the Indisposed Parts of the Body: It loosenerh and mollifieth the Belly, abateth the force of Poison taken inwardly; and if any Venom, Burn, or Scald, happen on the outward parts, bath it well with this Oil. It is so generally approved, that few Oils, Unguents or Salves, are compounded without it.

60. **OLIVE PYE**: Take Veal or Mutton, and cut it into thin Slices, hack them with the back of your Knife, and spread them abroad, then take Strawberry-Leaves, Sorrel, Violet-Leaves, Endive, Sage, Parsley, Spinage, Savory, Marjoram and a little Thyme; mince these small with the Yolks of hard Eggs; add to them half a pound of Currants, Nutmeg, Pepper, Cinnamon, Sugar and Salt, some minced Raisons, Goosberries and Dates minced small; mingle these together, and strow them on your Slices of Mutton or Veal, then rowl them up, and put them into a Pye; lay on the top of them some Dates, Marrow, large Mace and Butter; close it up, when bake't, Liquor it with Verjuice, Sugar and Butter, and so serve it up.

61. **OLEUM Magistrale**: Take a quart of the best old White-Wine, Olive-Oil three pounds, Hyssop half a pound, *Carduus Benedictus*, *Valerian* the least, and Sage, of each four ounces; steep them in

the Wine and Oil twenty four Hours then boil them in a sealed Pot, or Copper Vessel, keeping them stirring over a gentle Fire, till the Wine is consumed; strain it, and melt in it a pound and half of Venice Turpentine; set it again on a soft Fire a quarter of an Hour; add Olibanum five ounces, Myrrh 3 ounces, Sanguis Dragonis one ounce, and make it into an Ointment. Its good against Sores, Wounds, Gun-shot, Blasts by Gun-Powder, and pains in the Joints.

62. **ONION**: This is proper to such as are afflicted with cold vitious Humours, because they procure Sleep, and help Concoction, prevent sower Belchings, open Obstructions, force Courses and the Urine; promote insensible Transpiration; but are not proper to be taken by those that are of Cholerick Constitutions, because they disturb their Heads, and cause troublesome Dreams, and offend the Eyes: An old Onion steeped in Water a Nights time, and the Water with a little Honey, given the next Morning, kills the Worms in Children: A large Onion filled with Venice-Turpentine, and roasted, softens hard Swellings, laid Plasterwise; and also opens them: A raw Onion stamped with Salt, draws the Fire out of Burns, or Scalds; and the inward Cloves, under the several Coats of a raw Onion, laid to the Gums, ease the pains of the Tooth ach.

63. *** ONIONS**: They are much in request for the uses of the Kitchen; and delight to grow in a fine, fat, and warm Mould: They are to be Sown in March or April, but if sooner they must be covered. At Sowing, the Bed

is to be troden or beat flat, and the Seed to be as equally dispersed as may be, then Sift some fine Earth over them, an Inch thick, so will they grow the bigger. Some say they prosper exceeding well, if Sown with Bay-Salt: They are usually ripe in *August*, and when they are taken up, they ought to be dried in the Sun, and so reserved in a dry place for use. They may be Sown all the Year for *Young Onions*, and *Scallions*: Such as are Sown in *Autumn*, must be covered with Pease-Straw, or other Straw, to be preserved all Winter, and will be early *Chibols* or *Scallions* in the Spring. The best Onions are such as are brought out of *Spain*, where those of *St. Omers* had them; some of which have been found to weigh eight pounds: Those which are large, round, white, and thin skinn'd, are to be chosen: They are many times eaten raw alone, only with a little Salt, Bread and Butter, or Cheese, but chiefly in *Sallets*: Being boiled in Broth, they give a good Relish to it, and being Stewed and eaten with Mutton, Rabbits, Turkeys, Geese, &c. they cause a good Appetite, and strengthen the Stomach, expectorate Flegm, and are good against Asthma's, Colds, Coughs, and other like Diseases of the Brest and Lungs. There is the *Great Onion*, which is called the *Red Wonder*, or *King of Summer*; it is red coloured and round, and is for the most part ripe in *July*.

64. * **OPIATES** are Medicaments whose Basis or Foundation is *Opium*; of use to ease Pain, and cause Rest. There is the *Indian Opium*, which is the

worser and the cheapest; and the *Turkey Opium*, which if good, is of the greatest Value. As an easer of pain, it is called an *Anodyne*, but as it induces Sleep & *Narcotick*. There are hundreds of Preparations of *Opium* to be found in Authors, called *Opiata*, *Laudana*, &c. as our *Laudanum Catharticum*, *Specificum* & *Volatile*, *Gutta Vita*, &c. which see in their proper places of the Alphabet; we shall here commend to you two other *Laudana's*, which have almost all the Viriues of the before named, and by Country-People may be much easier prepared, viz. 1. *Tinctura Opiata Aquosa*. 2. *Extractum Opiatum Aquosum*. I. *Tinctura Opij Aquosa*, Or the *Aqueous Tincture of Opium*: Take the best *Thebian Opium* 8 ounces, cut it into small bits, *Rain Water* a Quart, *Oil of Sulphur* half an ounce; mix and dissolve in a gentle Sand heat or *Balneo*; keep it in a warm digestion for 3 days, shaking the Bottle twice every day: let it settle, and decant the clear into another Bottle: add to the *Magna choice Candy*, or *Sherby* a Quart: mix them well, and digest cold for three other days, shaking the Bottle in like manner twice every day: let it settle to be clear, and decant the Wine into the former Bottle as before. Take *Wormwood* two ounces, *Saffron* one ounce, *Cochinele* in fine powder half an ounce, *Virginia Snake-Root*, *Winters Cinamon*, *Cloves*, *Nutmegs*, of each two drams; choice *Brandy* a quart; mix, and by digestion in a Sand Heat for 10 or 14 days (shaking the Bottle twice every day) make a *Tincture*: let it settle till it is fine, and decant the clear, which mix with the former *Tincture* of the *Opium*, and so keep it for use. Dose according to Age, and other

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Circumstances; from 10 drops to 20, 30 or more, (by a gradual increase,) as the Prudent Physician shall advise. II. *Extractum Opii Aquosum*, The Aqueous Extract of Opium. Take the best Thebian Opium 8 ounces: cut it into small bits, and dissolve it in Rain-Water two Quarts or more, by a gentle heat in Balneo, helping forward the Dissolution with your Fingers; being perfectly dissolved, digest 3 days in a gentle Sand heat or Balneo, shaking the Vessel every day: then let it cool and grow fine: decant the clear, and evaporate in Balneo, till it comes to the consistence of an Extract, fit to make up into Pills. To this Extract add Oleum Sulphuris per campanum half an ounce, Chymical Oil of Wormwood an ounce and half: Oil of Cloves half an ounce: Camphir in powder half an ounce: mix all well together: Take Cochinele, Saffron, Virginia Snake-Root, Cloves, Nutmegs, Mace, Winters Cinamon, Zedoary, Cortex Peruanus, Catechu, fine Aloes, of each equal parts; reduce all into a very subtil Powder, of which add so much to the former Extract or Mixture, as may bring it to a Consistency fit to make up into Pills. Dose from one Grain to 2, 3, 4. by a gradual increase, as the Physician shall advise. The Virtues of both these Compositions are the same with our *Laudanum Specificum*, *Volatile*, *Gutta Vita*, and other *Laudana*, to which we refer you.

65. **OPIATE-PLAISTER** to make: Take the great Diachylon four ounces, Quick-silver two ounces, Opium one ounce; mingle them, and make them into a Salve, with a very gentle heat, and apply Plaisters of it to any Part afflicted with Pains, Aches, or the like.

66. **OPIATE for the Tooth-ach**: Take Camphire two Drams, Castor half a Dram, Opium one Dram; bring these into a powder, mix them with the Syrup of Clove-Gilliflower, and make an Opiate.

This asswageth the Pains of the Teeth very speedily, and if any of them be Rotten, put a very little of it into the hollow Teeth, and leaving it there, it will ease it.

67. **ORANGES to Dry**: Rasp or scrape off their outward Rinds, cut them into halves, and take out their Pulp; lay them in Water three or four Days, then shift them into fresh Water, and boil them tender, shifting them likewise in boiling, to take away their bitterness: When they are tender, take them out, and wipe them with a clean Cloth, and put to them as much Clarified Sugar as will cover them, and let them boil leisurely two Hours; take them off the Fire, and put them into an Earthen Vessel for four Days; set them on the Fire again till they be thorough hot; let them drain, and take fresh Sugar, boil it to a Candy height, and put your Oranges to the hot Sugar; which being boiled up, take out the Oranges, and lay them on a Wyre or Sieve, to dry in a Stove or Oven, and in ten days they will be dry, and fit for use. In this manner Limons are Candied.

68. * **ORANGES and Limons Artificial**. Take Alabaster Moulds, made in three pieces; bind two of them together, and let them lye in Water an hour or two, boiling to an height. In the mean time, take as much D. L. S. as will fill them, the which being pour'd into the Mould, and

the Lid being quickly put on by suddenly turning, it will be hollow; and so in this Case you must colour your Sugar in boiling it, to the colour of your Ermit.

69. * **ORANGE BUTTER.** Take New Milk warm, add Rennet to it, and let it cool; then strew on it Cinamon and Sugar, and cover that with Cream, and Sugar upon the Cream put a little. *R. W.*

70. **ORANGE - CREAM.** Take a quart of sweet Cream, boil it, put in the Yolks of three new laid Eggs well beat, with a spoonful of Orange-flower-water; let them a little thicken the Cream; but have a care it does not curdle; have ready two or three Candied Orange-Peels, cut as small as you can shred them; stir them in with Sugar to your taste. Pour it into your Cream-dish, and serve it when cold.

71. **ORANGES** or *Limons* to Candy. Take a pound of double refined Sugar, wet in Water, and make a high Candy; take your Oranges or Limons, being first preserved, and draw them thro' the Candy, and lay them on Hurdles and Stone them.

72. **ORANGES** to Preserve. Take the fairest, largest, and best coloured Sevil Oranges, pare them, cut a round hole at the end where the Stalk did grow, and put them in a Brass or Copper Pan of fair Water, and set them on a clear Fire of Wood or Charcoal, and boil them till you can thrust a Straw through them; shift the Water three times; let every Water boil before you put in your Oranges (but the first); take them off the Fire, and put them in cold Wa-

ter; when they are cold take out the Meat with a little Stick, made in the Fashion of an Apothecary's Spatula; and as you take out the Meat, put them in to clean Water, and let them stand in it 48 Hours; in which time shift the Water four times; if you will use Poulder-Sugar, you must clarifie it with Eggs, putting a pint and half of Water to a pound of Sugar, scum it very clean, strain it through a piece of Flannel; put your Oranges into a Sieve to drain them; then place them on a single Row in the Preserving-Pan, and put to them as much Syrup as will handsomely receive them to boil; set them on the Fire, and let them just boil, set them by one Day, then set them on the Fire again, and let them boil gently half a quarter of an hour; set them by another Day, then set them on the Fire again, and let them boil till they are enough, which you may know by trying a drop of Syrup upon your Finger; for when it will rope, then it is enough; you must turn them sometimes in the boiling, that they may be preserved all over; and when they are, you must set them by till they Gelly; you must make Gelly of Pippins and put to them. But the best way is to weigh the Oranges after they are boiled, add to a pound of Oranges two pound of *D. L. S.*, add to every pound of Sugar one pint of clear running Water to make the Syrup; if you do them in Gelly after they are preserved, make the Gelly of Pippins to every pound of Oranges, allow half a pint of Gelly: to the Gelly, the weight in fine Sugar; when your Gelly is made, put before

before you take it off the Fire, squeeze in the Juice of two Limons to every pint of Gelly, then mingle the Syrup they were preserved in, or as much of it as you think fit, with the Gellies; fill up your Pots with it, let them stand till the next Day, then cover them with wet Papers, and tie them down with dry ones over them; if you preserve them with their Meat in them, take out their Seed with your Finger, at the hole you make where the Stalk is; take heed you boil them not too much, for if you do they will lose their Colour and turn black.

73. *ORANGES and Limons to Preserve.* Take the fairest, and cut them in halves; or if you will do them whole, then cut a little hole in the bottom, so that you may take out all the Meat; lay them in Water nine Days, shift them twice every Day, boil them in several Waters, till a Straw will run through them; take to every pound of Oranges or Limons one pound of fine Sugar, and one quart of Water, make your Syrup, and let your Oranges or Limons boil a while in it, and let them stand five or six Days in that Syrup, to every pound put one pound of Sugar more into your Syrup, and boil your Oranges till they be very clear; take your Oranges out, and boil your Syrup almost to a Candy, and put to them: thus they will have a Rock Candy on them in the Syrup.

74. * *ORANGES to preserve.* Rub the out-side of the Peel with a Grater; cut a round hole in the top, lay them in fair Water a Day and a Night, and let the

Water be shifted Night and Morning, and then boil them till they are tender; draw forth the Meat at the hole, if you would have it out; put them into hot Water, and let them lye till next Day; weigh them, and take more than their weight of Sugar, and to every pound of Sugar take a pint and quarter of Water, boil the Oranges a little while in the Syrup; after take the Oranges out into a Bason with the Syrup: cover them close with a white Paper, and let them stand two Days; drain the Syrup from them, which put on the Fire; when it boils, put it on the Oranges again boiling hot, and do so the next day; if your Syrup be thin, and not too much wasted, do it again the next day; set the Syrup and Oranges on the Fire together, and boil them till they are enough; When you take them off the Fire, squeeze in some Juice of Limons, and boil a Walm or two; let them stand a while, and put them up: Close your Glasses up with Gelly of Apple Johns, and Pippins, and fill the Oranges with the Gellies.

75. * *ORANGES to Preserve in halves, with their Meat in them.* Take the deepest colour'd Oranges you can get, cut them the cross way as you do for Meat, lay them three days in warm Water, four days after in cold; change them twice a day while in both; boil them tender in three several Waters; let the Waters boil before you put in your Oranges; when they are tender enough, take them up, and pare off the outward Rinds as thin as you can; weigh to every pound of Oranges, two pound

pound of *D. L. S.* and to every pound of Sugar a pint of pure *D. R. W.* put your Sugar and Water into a broad Preserving-Pan, when it boils scum it very clean, then put in your Oranges and let them boil till they look clear: some times take them up and turn your Meat downwards, lay them in a white Earthen Dish, and drain the Syrup clean from them; be careful they boil not too long in the Syrup, for then they will be black; neither must your Syrup be boiled too high before you put in your Oranges, but be taking them up, and putting them in again, so do three or four times till they are as clear as you would have them; then take them up, and put the Syrup to them; be careful to pick out the Seeds before you put in the Syrup, if your Syrup is not enough to cover them, put half a pint of Gelly of Apple-*John's* to them.

76. *ORANGE-Marmalade.* Take the fairest Rind Oranges, cut them in halves, and take out the Pulp, boil the Peels tender in fair Water, often shifting, to take out the bitterness; take them up, and squeeze all the Water from them, beat them in a Stone Mortar with the Pulp of three or four yellow Pippins; strain, and boil it, stirring until it become thick; take it from the Fire, and lay it on white Paper, and take as much *D. L. S.* as the Pulp weighs, put it into a Pan, with as much *D. R. W.* as will melt it; boil it to a Candy height, and put the Pulp into the Sugar, keeping stirring till it rises from the bottom of the Pan: then put it into Boxes, and so into a Stove uncovered; and when it

is tolerably dried, cover it up for your use.

77. *ORANGES, a Paste.* Take Oranges well coloured, and boil them in Water, shift them six or seven times in the boiling, and put into the first Water a handful of Salt; then beat them in a wooden Bowl, with a wooden Pestle: strain out the Pulp, and take the weight of *D. L. S.* equal to them; boil it up to a Candy-height, dry it on Plates, and fashion it as you please: And in this manner you may make Paste of Limons, or Citrons.

78. * *ORANGE-TARTS.* Take Sevil Oranges, grate off a little of the out-side Peels; slit them in halves, squeeze out the Juice into a China Dish, and throw the Peel into Water, which change 3 times a day for two days; have ready a Skillet of Water, which let boil before you put in your Oranges; boil in two Waters to take the bitterness away: when tender, take them out, dry them in a Cloth, and beat them in a Stone Mortar to an absolute Pulp; take the equal weight of *D. L. S.* and boil to a Syrup; scum it clean before you put in your Pulp: boil all together till it looks clean; and when it is ready, let it stand till it is cold; and having ready some Puff-Paste in Patty-Pans, fill them, and cover them. Just before you put them into the Oven, make a hole on the top of the Lids, and put in the Juice, and bake them in a quick Oven.

79. *ORANGE-WATER:* The Water of these, besides the pleasantness of the Fruit, and other Advantages that arise from them, being Distilled in an Alembick, by paring the Oranges, and putting

ting the Pools into a convenient quantity of low Wines or Spirits, is not only excellent in Scent, and may be sprinkled as a Perfume, to give a Fragrancy to what you please to asperse it on, but is very good in Pestilential Fevers: It strengthens the Heart and the Brain. Three or four Spoonfuls taken going to Bed, causes likewise a gentle breathing Sweat: The Juice of Oranges is cold, and therefore resisteth Corruption, and is given with a little Sugar, successfully to cool and temperate the Blood in Fevers and hot Diseases.

80. ORANGE-WATER another: Take two quarts of Sack, a pint of Brandy, the Rind of twelve Oranges thin pared, two Drams of Saffron; steep these together two Days, then Still them in a Cold Still, put some fine Loaf-Sugar and Leaf-Gold, into the Glass the Still drops into, with three Grains of Ambergrise; Sweeten it to your Taste; you may draw two quarts of Water from this quantity.

81. ORANGE-WATER or SPIRIT: Put the Parings or Chips of the Rind of an hundred Oranges into a Cucurbit, so large that they fill not above a third part full; pour upon them three quarts of good Brandy, put on the Head of the Alembick, and lute it well with Paste and Paper, stop the Alembick, and let it stand to digest three or four Days; Distil it with a gentle heat in *Balneo*; keep the first Quart by it self, for it will be excellent good; then change the Receiver, and the Oil will come over with the rest of the Liquor; when it beginneth to come weak, leave off Distilling;

mingle one pint of excellent Symp of Clove-Gilliflowers with the first quart, and it will be an excellent Cordial-Water; you may Aromatise it with Ambergrise, if you love Amber.

82. ORANGADO-PYE: You must make a handsome thin Crust, with hot Buttered Paste, then slice your Oranges, and put over the bottom thereof; quarter some Pippins, and cut them in halves, so that it may be cut in eight parts, and lay them over your Orangado; then put on more Orangado on the top of them, and pour on them some Syrup of Orangado and Sugar on the top, so close your Pye; when it is Baked, scrape on Sugar, and so serve it up.

83. OSTIOCOLLA: This is a kind of a Stone found in Saxony, Silesia, &c. and grows in the Sand like a Coral. It is of a Glutinous Quality, and therefore of excellent use for Binding and Knitting broken Bones, immediately breeding Matter for a *Calus*, and thereby hastening the Conglutination. The Dose in Subtil Pouders, is from one to two Drams in any convenient Liquor, and outwardly to be applied to the place in a Cataplasim, or Emplaster. *Aldrovandus* affirmeth, That broken Bones being rightly placed, and tyed up, it heals them, being used outwardly with a mixture of the Oil of Cranes-Bill, and inwardly with Red Wine. It dries and binds without Acrimony, and is good against Poison and the Plague.

84. OUZLE, or BLACK-BIRD, its Dung: Half an ounce of the Dung of the Ouzle, or Black-Bird, mixed with two ounces of the Juice of Limons, and a dram

of the Pouder of Camphire, and applied to the Face or Hands, takes away Freckles, Lentils, and other Deformities of the Skin: The Flesh of this Bird frequently eaten, wonderfully restores Consumptive People, and gives ease to Colick Pains, and is held to be prevalent against the Dysentery, and Infection of the Plague, especially the raw Flesh being applied to the Sore, draws out the Poison.

85. OX-GALL: Of this an excellent Cosmetick is made in the following manner:

Take four Pints of the Galls of an Ox, digested 24 four Hours in Balneo Mariæ, Roach Alom, Nitre powdered, of each one Dram; mix them well, and put them into a Matraass, stop it carefully, and expose it in May, to the heat of the Sun, shaking it four or five times a Day; then filter the Materials, and in the Filtered Liquor put two ounces of Porcellane powdered very fine, and dissolved in the Spirit of Vinegar; Borax and Sperma Ceti, of each an ounce; Sweet Sublimate, and Camphire, of each three drams; then expose them to the Sun again ten Days, often shaking the Ingredients; filter the Liquor, and keep it for its proper use.

86. * OX-GALLS, a Tincture: A Tincture of Ox-Galls thus made, is much better: Take Ox-Galls as many as you please, put them into broad Earthen Pans, and dry them very well either in a Sand-heat, or in the heat of the Sun, which being

perfectly dried, reduce them into a fine Powder: Take of this Powder four ounces: choice Brandy two quarts; mix, digest twelve or fourteen days, and extract a Tincture, which decant and keep for use. It is a singular good thing against Worms in the Face and Skin, Cankers in the Mouth and Gums, Pimples, Scurff, Morpew, Freckles, Tanning with Wind and Air, Sun-burnings, or any other Deformities of the Cutis, Bath or anoint therewith Morning and Evening, if you can conveniently, otherwise every Evening; and before you use it, be sure that the Sore or Skin be made very clean or pure, and well washed with warm Water, for a pretty while, thereby to open the Pores, that the Medicine may thereby the better penetrate and take place. This Tincture is good also against Pains, Aches, Numbness, Weakness, Convulsions, Cramps, Palsies, Gouts, happening in what part of the Body so ever.

87. OXYMEL Simple: Take Clarified Honey 8 ounces, of Spring-Water half a pound, or pint; melt them together, and add a pint of White-Wine Vinegar, and let them boil to the thickness of a Syrup; take about half an ounce at a time. This extenuates gross Humours, and carries away slimy Matter, opens old Stoppages, and Obstructions of the Lungs, with Phlegm, and what causes shortness of Breath.

Oysters, see Oysters.

P A

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1. **PAINS** in the Loins:

P Take of Sulphur Vire half an ounce, beat it into Powder, mix it with an ounce of Hog-lard, and two drams of Opium; add a little Wheat-flower, and make them into a Plaster, or Ointment, with a little Wine over a gentle Fire, and apply it warm to the Place grieved, often renewing it.

2. **PANCAKES**: Take twenty Eggs with half the Whites, beat 'em well, mix them with fine Flower and beaten Spice, a little Salt, Sack, Ale, and a little Yest; do not make your Batter too thin; beat it well, and let it stand a little while to rise, then fry them with sweet Lard or Butter; and serve them in with the Juice of Orange and Sugar.

3. **PANCAKES** another: Take one quart of Cream, eight Yolks of Eggs, a Nutmeg grated small, and all well beaten together, half a pound of Butter, melted with some Flower, beat all well together again; clean your Pan, put some Butter in only the first time, and so fry them.

4. **PANCAKES** to make crisp. Make twelve or twenty of them in a little Frying-pan, no bigger than a Saucer, then boil them in Lard, and they will look yellow as Gold, and eat very well.

5. * **PANCAKES**. Take Cream three pints, eight Eggs, a quart of Flower, a spoonful of Salt, three Nutmegs grated, clarified Butter two pounds; fry them, and serve them with fine Sugar. *A Second Sort.* Take 3 pints of New Milk, eight Eggs; mix them, and add a quarter of a pint of Brandy: Fine Flower a quart, a spoonful of Salt, Cloves, Mace, and Nutmegs; of each a quarter of an ounce: mix all well together, and then fry them. *A Third Sort.* Take Cream three pints, Yolks of 12 Eggs, and six Whites well beaten, which mix with the Cream; add to it a quart of fine Flower: mix them well, then add a pint of choice Canary, 3 Nutmegs grated; and with a sufficient quantity of Flower more, make a pretty stiff Batter, which fry in clarified Butter. *A Fourth Sort.* Take 3 pints of Cream, a quart of fine Flower, ten Eggs well beaten, half a pint of Canary, half a quarter of a pint of choice Brandy, a Race of Ginger in fine Powder, two Nutmegs grated, two drams of Cinamon in fine Powder; mix them well together, and fry them as before.

6. **PANADO** to Make. Take a quart of Spring-water, and put it on the Fire in a Skillet; cut a Penny White Loaf in slices, a-
bout

bout the bigness of a Six-pence, and as thin as a Wafer, and lay it on a Dish placed on a Chafing-dish of Coals; put it into the Water with a handful of cleane pick'd Currans, and a little large Mace; and being boiled to a sufficient thickness, season it with a little fine Sugar beat fine, and dissolved in D. R. W.

7. * **PANCREAS.** *The Sweet-bread.* It is a conglomerated Glandul in the *Abdomen*, consisting of many Globules, or Knots of Glands, included in a common Membrane, which it has from the *Peritonæum*. These Globules are joined to one another, partly by Membranes, and partly by Vessels. It is placed behind the *Ventricle*, and fastned to the Gut *Duodenum*, and reaches from the Cavity of the Liver, cross the *Abdomen*, to the latter end of the Spleen. By its Duct it is annexed to the *Duodenum*, and sometimes to the *Porus Biliaris*, to the *Rami Splenicæ*, the *Caul*, the upper part of the *Mesentery*, and the upper Nervous *Plenus Abdominis*. Its use and Office is to convey a Volatile, almost insipid, or something acid and Lymphatick Juice, by its own *Ductus*, to the Gut *Duodenum*, in order to a farther Fermentation and Volatilization of the *Chylus*, and to attemperate and allay the Acrimony of the Gall. It is the biggest Glandul in the whole Body, but bigger in a Dog than a Man.

8. **PARSLY.** It hath many Properties in Physick, as well as for Kitchen uses, viz. the Decoction of the Leaves, or Roots thereof, openeth the Urinary Passages, bringeth away Sand and Gravel, easeth Colicks, and

the Pains in the Reins: And the Seed is of the greatest Virtue in those Matters; it voideth Windiness in the Bowels, and is good against the Biting of any venomous Creature. The often eating of Parsly, or drinking the Juice of it, sweetens the Breath, Being bruised with the Crumbs of fine White-bread, and applied, it healeth Tetters, and Ringworms, and asswageth the Swelling of the Dugs. It diminishes the Milk of Women in Child-bed.

9. * **PARSLEY.** It is the most used of all Garden-Herbs, for Sauces, Sallets, Porridg, &c. There is the common and the curled, multiplyed only by Seed. It must be sown in the Spring, pretty thick, and in good well prepared Ground: Its Leaves, when cut, shoot out new ones like Sorrel, and can bear any moderate (but not violent) cold; and therefore is best (when easily sown) to have some covering on it to defend it, in order to its producing of its Roots, for which cause it must be thin'd; whether in Beds or Borders where it is sown; and in hot Weather it ought to have pretty good watering. The Root, Herb, and Seed, expel Wind, provoke Urine and the Courses, open Obstructions of Liver and Spleen, and are good against the Dropsy and Jaundice, old Coughs and Poison. The Herb bruised and outwardly applied, dissolves hard Tumors, and dries away Milk, being applied to the Breasts. Take Parsly-Seeds 3 drams, Winter Cherries well bruised half a dram; boil them in a pint of Whitemine Posset-drink. Dose 6 ounces at a time, sweetned with Syrup of

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of Marsh-Mallows. It is good against Stone, Sand, Gravel, or Tartarous Mucilage in the Reins and Bladder. *Parsley Stone Break*, or *Stone Parsly*, has the same Virtues, and forces Urine violently; for which reason it is the more potent against the Dropsy. A dram of the dry'd Herb or Seed in Poudre, taken in White-wine, has the same effect: So also two or three spoonfulls of Juice, taken in White-Port, continued Morning, Noon and Night, does Wonders in all the afore-named Diseases.

10. **PARTRIDGE.** If old hath a white Bill, and blewish Leg; but if young, a blackish Bill, and a yellowish Leg; if new, a fast firm Vent; but if stale, a green Vent, and will peel if you touch the Vent hard with your Finger. Partridges are fed with Wheat, or fresh Cheesecurds and Milk to drink; you must keep them very warm with dry Straw, and keep the cold from them; for if they are kept cold and dirty, they will not thrive but fall away and die.

11. **PARSLEY-Water.** This must be distilled from the Leaf, Root and Stalks, in *Balneo Mariae*, being gathered in the beginning of the Spring. It attenuates, opens, cleanses, and is Hepatick and Diuretick, insomuch that many allow it to cure all Pains and Affects of the Stone, where the Party frequently and freely drinks of the Water; but this is certain, that being exceeding diuretick, it nevertheless forces without Pain, and makes the Urine come freely from those that have had Obstructions for many Years; and in some it has brought away the Urine with

ease, after it had been totally obstructed for many Days. It may be taken from six ounces, sweetned with White Sugar-candy, or alone, to eight, or you may add to it ten or twelve grains of Salt of Tartar, or what other Diureticks you think convenient.

12. * **PARSNEP:** *Pastinaca Alba.* 'Tis an excellent sweet Root, is sown in the Spring, in a rich, mellow, well prepared Soil. Its tops, when grown to any bigness, should be trodden down; for so the Roots will grow the larger and longer: When you raise them towards Winter, they may be disposed of in Sand, and so preserved; and by which means they will also eat the sweeter. The fairest keep for Seed, which may be taken in Summer and sown, which produce the fairest Roots; when boiled, they may be eaten with good sweet Butter, Vinegar or Lime-juice, or Juice of Limons and Mustard. They are very palatable and nourishing, restore in Consumption, open, attenuate and cleanse the Bowels, fasten the Body, breed Seed plentifully, and provoke to Venery. The Seed taken in Poudre to a dram, or a strong Decoction thereof, expels Wind, provokes Urine and Lust, and gives present ease in the Colick.

13. **PASTE** for the Hands.

Take a quarter of a pound of Almonds without blanching, beat them well to poudre; then put to 'em a quarter of a pound of Raisins of the Sun stoned, with six Figs, and half an ounce of Sperma ceti, beat extreamly well together, and put it in a Gally-pot for your use.

14. **PASTE**

14. * **PASTE of ALMONDS.** Take blanched Almonds, *D. L. S.* of each half a pound; beat the Almonds small, and mix them with the Sugar finely powdered; when beaten, add half a spoonful of Gum Tragacanth steeped all Night in *D. R. W.* and the white of an Egg beaten to a Froth; half a spoonful of Coriander-Seed in fine powder; mix all well together, set it on a soft Fire, till it grows pretty thick: take it off the Fire, and put it on a clean Paper; and beat it with a Rowling Pin, till it be like a soft Paste; then rowl it up in fine Sugar, into what Forms you please; lay them on Paper Oiled with sweet Sallet Oil, and bake them in an Oven, letting them lye till thoroughly risen; but take them out before they are too hard.

15. * **PASTE of CHERRIES.** Boil the Cherries till very soft, strain the Pulp thro' a fine Sieve, to every pint of it add a pound of *D. L. S.* stiffen it with Apple-Pap, and boil it to a height; then spread it upon Plates, and dry it.

16. **PASTE for the HANDS:** Take Bitter Almonds blanched half a pound, stamp them in a Stone Mortar, sprinkling them with never so little Aquavitz; add the Yolk of two Eggs, white Honey and Orrice Roots finely powder'd, one ounce: mix, and reduce them to Paste.

It is excellent to cleanse the Hands, and easily prepared; there is no need of wetting it, for it may be used as it is.

17. **PASTE to Make:** Take to a Peck of fine Flower, ten Eggs, a little cold Cream, and work them together, but do not

break your Butter too small, and it will be a very fine Crust, either to Bake Meat in, or Fruit, or what else you please. It makes a very fine Dumplin, if you make it into good big Rolls; boil, and Butter them, or roul some of it out thin, and put a great Apple therein, and boil and Butter them, with Rose-Water, Butter and Sugar.

18. **PASTE for cold Baked Meats:** Take to every peck of Flower, one pound of Butter, or a little more, with hot Liquor as the other, and put a little dissolved Ising-Glass in it, and work these Pastes made with hot Liquor much more than the other.

19. **PASTE another:** Take to a peck of Flower, two pound of Butter, and a little Suet, let them boil with a little Water and Milk; put four Eggs into your Flower, and put in the top your boiling Liquor, and so much of the rest as will make it into a stiff Paste, then lay it into a warm Cloth to rise.

20. * **PASTE to FRY:** Take two Whites of Eggs and Curds, adding so much grated Bread, to make it almost as thick as paste: wet it with a little Cream, and make it into what fashion you please; Fry the formed Cakes, or what else, in Butter, as you do Puddings: When done, put to them Canary, Sugar, Butter and *D. R. W.* well beaten together, and so serve them.

21. * **PASTIES of KIDNIES:** Take Veal Kidnies with the Fat about them; also some cold drest Veal, Marrow or Beef-Suet, and Yolks of Eggs in proportion: Chop all together very small, and add some Cinamon,

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Cloves, Mace and Nutmegs in fine Pouder, with a little Salt and Limon-Peel shred very fine, Currants and Sugar to please your Palate, mix all well together, and make little Pasties of Puff-paste, and fry them in Hogs-Lard with a brisk Fire, to make them look brown and yellow.

22. **PASTIES** *little to Make of Kidneys of Veal*: When your Veal is Roasted, mince the Kidney with some of the Veal, and as much Fat as both; some Dates shred, some Currants, a grated Nutmeg, some Sugar, some grated Bread, the Yolks of four Eggs, some Rose-Water; make your Paste with Butter, Rose-Water and Sugar, roul it out, make little Pasties of it, fry them in sweet Butter, strew Sugar on, and serve them.

23. **PASTIES** *with Sweet-Meats to Fry*: Make some Paste with cold Water, Butter and Flower, with the Yolk of an Egg, roul it out in little thin Cakes, and lay one spoonful of any kind of sweet Meats you like best upon every one, so close them up and fry them with Butter, and serve them up with fine Sugar strowed.

24. * **PASTIES** *of Sweet-Breads*: Take Sweet-breads, par-boil them; add to them Beef-Marrow, or the Fat of a Loin of Veal shred, with a little grated Bread, the Yolks of two or three Eggs, and some sweet Cream, D. R. W. and some D. L. S. to your Palate, with a grated Nutmeg; mix all well together. Make Puff-paste with Butter rowled in Flower, a little D. L. S. and D. R. W. Rowl it out like little Pasties, the breadth of your hand, put your Meat in them,

and then fry them brown or bake them.

25. **PASTE of APRICOCKS**: Take the ripest Apricocks pare them very thin, and set them in a Preserving-pan over a gentle Fire, with as much Water as will keep the bottom of the Pan moist; break them, and stir them about with a Skimmer, suffering it to stand till the moisture consume, and they come to something of a driness: then with Sugar, boil them to the thickness of a Conserve; and so, by continuing longer, it will become stiff in order to a Paste.

26. **PASTE of CHERRIES**: Boil some of the ripest Cherries till they are reduced to a soft pulp; strain them through a course Cloth, or Hair Bag, and boil a fourth quantity of Pippins not over ripe, till they are very soft, taking away the Core and Rind, and mash them into pulp. Add to these a pound of fine Sugar to every pound, spread it then on Plates, and fashioning it as you please, let it dry for your use.

27. **PASTE of PIPPINS**: Take a pound of raw Pippins sliced and beaten in a Mortar: Take a pound of fine Sugar, and boil it to a Candy-height, with a little fair Water, then put in your Pippins, and boil it till it will come from the bottom of the Posnet, and stir it for fear it burn.

28. * **PASTE ROYAL**: Take 4 ounces of D. L. S. in fine powder, a pound of fine Flower or more; a little Cinamon and Nutmegs in fine powder; the Whites of ten Eggs beaten: make them into a Paste with half a pint of Canary, and the best Cream; make

make it into Paste pretty stiff; rowle in a pound of Butter at 5 or 6 times rowling; so will it be fit for Orange-Puddings, Tarts of all sorts, and to Garnish Dishes with.

29. **PASTE to Scower the Hands.** Take the pressings of Bitter Almonds half a pound, bruise them in a Marble Mortar, sprinkling on them a little Salt and Aquavita; add two Yolks of Eggs, and Honey one ounce and half; Orrice-Roots finely poudered, one ounce: mix and mould them well together, and make them into a Paste, and use it as you see occasion.

This is excellent to cleanse the Hands, and is easily prepared: There is little occasion for wetting it in Water; for it may be used as it is prepared, if you let it not dry too much.

30. **PASTY-CRUST to Make:** Take half a peck of fine Flower, dry it, rub two pound of Butter well into it, put a pint of New Milk and half a pint of Brandy, and three good spoonfuls of Ale-Yeast, mix it well together, and pour it into the Flower, and if it be not wet enough, pour in more Milk; do not kneed it, but break it, and beat it with the Rolling-pin, it must be very light; you must have a care it does not Curdle, which you may do by mingling a little and a little at a time.

31. *** PATHOGNOMICK Signs.** They are such as are proper, or inseparable from some particular Disease, which agree only to such a particular Distemper or Maladie, which has relation to the Essence thereof, and continues from the beginning to the end of the same. So the *Pathognomick*

Sign of the Epilepsy or Falling-Sickness, is a *foaming at Mouth*; for that it is not observable to be common to any other Disease: And in a true Pleurisie, there are always a *Continual Fever*, *difficulty of Breathing*, *Stitches* or *vehement pain in the left Side*, a *Cough*, and *Tumour, or Swelling of the Pleura*; without which five Signs concomitant, it is not a Pleurisie.

32. *** PEACH Blossom Syrup:** Take purely the Peach Blossoms gathered, infuse them in a sufficient quantity of very hot Water, viz. so much as may handsomely cover them; infuse in *Balneo*, or Sand 24 hours, close covered; then strain out the Flower from the Infusion, add to it as many more fresh Flowers, which digest or infuse, and strain out, and repeat it again a third time, and if you please a fourth. To every pint of Infusion, put two pounds of *D. L. S.* and in *Balneo* make a Syrup which keep for use. It cures the Colick or Belly-ach in the *West-Indies*, and Gripings of the Guts, purges very well and pleasantly, and kills Worms in Children. Dose 2, 3, or 4 large Spoonfuls in the Morning fasting.

33. *** PEACHES to Candy.** Slit them on the side to the Stone, cover them with *D. L. S.* being laid one by one; bake them in a gentle Oven, then take them out, and laying them on a Glass plate, dry them in an Oven for 3, 4, or 5 days, till fully dried and Candied.

34. **PEACHES to Preserve:** Take your Peaches when you may prick a hole through them, scald them in fair Water, rub the Fur off them with your Thumb; put them in warm Water,

Water, over a slow Fire, and cover them till they be green; take their weight in fine Sugar and a little Water, boil it and scum it, put in your Peaches, and boil them till they are clear; so you may do green Plumbs or Apricocks.

35. * P E A R S. These are either 1. For the Table, as Table-Fruit: of which there are a great many kinds very excellent, and well enough known. 2. For making of Perry, which have a very Vinous Juice; which they make in *Worcestershire*, and other adjacent parts; the chief of which are, *The Red and Green Squash Pear*, *The John Pear*, *Lullam Pear*; but above all the rest, the *Bosbury*, and *Bearland Pears*, the *White and Red Horse-Pears*; but that which is most commended is the *Turgovian Pear*, as Mr. Evelyn has hinted.

36. P E A R - P Y E: Take Wardens, or other hard Winter-Pears, bake them with a little Water, and a good quantity of Sugar, in a Pot covered with a Lid of Dough. Let them not be fully Baked ere you draw them; then quarter them, taking off the Rind and Core; raise a Crust of Paste, and between every laying scatter a few Cloves, Cinamon, and Candied Orange-peel cut small; and putting in the Liquor that issued from them in the Pot, let them bake to a fitness.

37. P E A R - P Y E, another: Bake your Pears first in a Pot; peel and Core them, put them in halves into your Crust, with some slices of Quinces between them, and the shaving of Limon-peel, some whole Cloves, Cinamon and Sugar; and when Ba-

ked, raise the Lid on one side, and put into it some Cinamon-ponder, beaten up with Sugar and Rose-Water, and so serve it to the Table either hot or cold, as you please.

38. P E A R - P U D D I N G: Take a cold Capon, or one half Roasted which is the best of the two; shred some Suet very small; as also the Meat taken off the Bones, with half as much grated Bread, and two Spoonfuls of Flower, beaten Nutmegs, Mace, Cloves and Sugar, as much as will season it, half a pound of Currants, the Yolks of two Eggs, six Pears, the pulp of them, and as much Cream as will make it up into a kind of paste; then make it up into the fashion of a Pear, stick a piece of Cinamon for the Stalk, and for the Head a Clove.

39. P E A R S or P I P P I N S to Dry: Take the fairest, lay them in Sweet Wort two or three days; then lay them in a broad Preserving pan of Earth, and bake them, but let the Oven be but gently hot, after lay them upon a Lattice Sieve, and set them into a warm Oven, and turn them twice a day till they are dry.

40. * P E A R S to Stew: Take the greatest Wardens, bake them in an Oven with Household Bread, putting in a pint of strong Ale or Beer: when Baked, take them from the Liquor; take half a pint of it, half a pint of Red Port, and four ounces of Sugar; put them into the Stew-pan, with two Cloves slit, and a little Cream; cover them close, and let them stew till they are very Red; turn them now and then; when they are enough, put them in a Dish you intend to serve them

in at Table, and strew D. L. S. over them.

41. * **PEASE** : The common uses of Pease are known, whether for Man or Beast. If they are for keeping, they ought to be dried, either in the Sun, or in a soft or gentle Kiln, that being the best way to preserve them; but being kept for Food, they must not be dried too much, because then they will take up double the time in boiling. If you lay them in Granaries, 'tis best to lay them in thick heaps, or in Bins, for so they will be preserved moist the longer, for the spreading them thin on a Floor, dries them too soon, and takes from them much of their Goodness and Sweetness: But the best way, after they are Thresh'd, is to put them up into close Casks, and so Head them up. 'Tis said that a very Good Spirit may be Distilled from them without Malting, as Mr. Hartlib says may be done with Rye and Oats, to which he adds Pease and other inferior sorts of Grain, handling it as Barly until it sprout; not needing for this Work to be dried, but beaten and moistned with its own Liquor, and soundly Fermented, after which it will yield a mighty increase. He also affirms, that out of one Bushel of good Pease, will come at least two Gallons of good Spirit or more, which will be as strong as Aniseed-Water, usually Sold in London, or any ordinary sort of Sugar-Spirit. His Process is this: Steep Pease in as much Water as will cover them, till they Come and Swell, and be ordered as Barly for Malting, only with this difference, that for this Work, if they Sprout twice as much as Barly does for

Malting, 'twill be so much the better. The Pease thus sprouted, beat small, which is easily done, put them into a Vessel stop'd with a Bung and Rag, so will they Ferment, and after 3 or 4 Months being Distilled, a fine Brandy-like Spirit will come off. He adds, thus may a Spirit or *Aqua Vite* out of any Green Roots, Betries, Weeds, &c. be had, which are not Oily: Also that the Spirit made out of Grain not dried into Malt, is more pleasant than that from Malted matters.

42. * **PEASE GREEN**, to keep: Take young Pease and shale them, put them into the pot when it boils, let them boil two or three walms; spread a Cloth on the Table, on which put them, and dry them very well, then put them into dry Bottles, filling them up to the Necks, pour over them melted Matton Fat, Cork them well, so that no Air may come to them, and set them in a Cellar. When you use them, put them into boiling Water, with a Spoonful of good Sugar, and a good piece of sweet Butter, and when they are enough drain them, and shake them up thick, about New-Years Day you may eat them.

43. * **PEASE PORRIDGE**. Take a Gallon of hull'd Pease, 6 quarts of Water, one large Onion; season pretty high, and boil till they are enough; then add four handfuls of Spinage, two Leeks, a little Mint, two spoonfuls of fine Flower, mixed with Water, Force'd Meat-Balls, and a pound of sweet Butter; keep stirring till the Butter is melted, and so Dish it to the Table.

44. * **PEASE**

44. * **PEASE-Porridge or Soup.** Take two Gallons of Hull'd Pease, and boil them in a little Water, till they are very thick, and soft enough. Take some Knuckles of Veal and a Leg of Mutton; prick it well with a Knife to let out the Gravy, and boil it in as much Water as will cover it, when all the goodness is boiled out of the Meat, strain it, and put it into the Pulp of the Pease, and boil them together very well; put in good store of Spere-Mint, and a little Thyme, and some Bacon if you please; when it is boiled enough, have some Rashers of Bacon ready fried to lay round the top of the Dish, and put in a great deal of Butter, and serve it to the Table. So it was made for King James.

45. * **PEASE - SOOP.** Take strong Broth made of a Leg of Beef; when cold, put into it 2 quarts of hull'd Pease, which boil till they are enough, with an Onion stuck with Cloves; season it pretty high with Salt, Pepper, Spice, and all sorts of Soop Herbs, Beets, Lettice, Sorrel, Spinage, large Leek, with bits of Bacon, cut into the Dish: Put in a pint of strong Gravy, with Forc'd Meat Balls, crispt or well toasted Bread, and crispt Bacon; so serve it. You may put into the middle of the Dish 8 larded Pigeons roasted; garnish with toasted Bread and crisped Bacon.

46. * **PENNY-ROYAL:** *Pulegium.* It is used in making Black-Puddings, and other like things. It provokes the Courses, helps Delivery in Child-bed, is good against Coughs, Colds, Gripings, Jaundice, Dropsy, Stone, Gravel and Strangury.

It cures the Chin-Cough and Hoarseness: The Juice may be given a spoonful at a time to Children, to Elder Persons from two spoonfuls to six, at Bed time; or the Decoction may be given from 3, to 6 or 8 ounces, sweetened with white Sugar.

47. * **PENTAPHYLLUM:** *Cinkfoil.* It is Astringent and Vulnerary, stops Fluxes of the Belly, Bleeding at Noife and Hemorrhoids, Spitting and Pissing of Blood, Bloody-Fluxes, and violent Coughs. It is said to be good against the Stone and Ulcers in the Urinary Parts, Ruptures, Jaundice and Gout, and to restore in Consumptions: The Juice dropt into Inflamed or Rheumatick Eyes cures them, and fastens loose Teeth, takes away the Putridity of the Gums, cleanses old and malign Ulcers, and heals them; and all by means of its remarkable Astringent Quality, by which it also strengthens the Fibres of the Stomach, and restores its depraved Tone, hurt by Agues, Fevers, &c. A strong Decoction of the Root, or the whole Plant in Water, is a certain Cure for Agues of all sorts, as also for all kinds of Fevers, whether Simple or Complicate, Putrid, or Malign, &c. being drank Morning and Evening for several Days together.

48. * **PEPLION;** *Peplis* or *Peplus*, a kind of small Purple Sea Sponge. It grows on the Sands or Sea Shore in many Places, and plentifully near Penfans in Cornwall, scarcely any where else in England. 'Tis a sort of *Tithymal*, and has the same Virtue.

49. * **PEPPER** *East-India.* We have three sorts of Pepper
B b 3 come

come from the *East-Indies* and Parts adjacent thereto, viz. 1. *Black Pepper*, which if large and full, is the most excellent now of all Spices. 2. *White Pepper*. This if good, is much the best of all the Kinds; but of late Years, yea even for these 30, or almost 40 years last past, we have had none good of the sort; so that the *Black Pepper* now does almost ten times exceed it. 3. *Long-Pepper*, which is an excellent sort, and of singular use in Physick, as also in the Kitchen, in want of the other. They are all hot and dry in the fourth Degree, and the most admirable of all Stomachicks, warming and comforting the same; and by their strong Tincture in Brandy, cure Colicks, Gripings of the Guts, and Agues; stop Vomiting, create a good Appetite and a strong Digestion, and powerfully provoke the Terms in Women, and hasten Delivery in Child-birth.

50. * *PEPPER Podded*. This is a Guinea and West-India sort of Pepper; but having been transplanted from thence into England, grows and flourishes now, as well in our Gardens as in its Native Place of Growth: It has all the Virtues of the former Peppers, but is most used pickled with us; by which it makes a most admirable and pleasing kind of Sawce. The Pickle is thus made: Take the best Wine Vinegar a Gallon, Salt 8 ounces: mix and dissolve; to which add choice Brandy or Sugar Spirits, a quart; mix them. In this you may put your fresh gathered Pods, whether green or red; but the green Pods make the best Pickle. Some think this Pickle too strong, and therefore they add to it pure Spring Water a quart, or three pints; but

every one may use that way which by Experience they find best.

51. * *PERICARDIUM*. It is a double Membrane, which surrounds the whole Substance of the Heart, and contains a Liquor to moisten, lubricate and refrigerate it, as some think. It has 5 holes, according to the number of the Vessels which go out of the Heart: It adheres to the *Mediastinum* at the Basis, and to the Center or Nervous Part of the *Diaphragma* at the *Mucro*.

52. *PERFUMED CAKES*:

Take Benjamin four ounces, Storax two ounces, Labdanum a dram, Cloves 12, Calamus Aromaticus a dram, and a little Citron-peel: Take a new glazed earthen Pot, and boil the Benjamin and Storax in it in half a pint of Rose-water for a while, or as the Moisture holds out, without being evaporated; then put in the rest of the Materials mentioned in a little Linnen Bag, adding more Rose-water; and when they have boiled a while, take them off, and strain them through a Linnen Cloath; and so soon as cold, there will be a curious perfumed Paste.

53. *PERFUMES of Flowers*.

Take what quantity of Violets, Roses, or other Flowers you will, and put into an Alembick with an ounce of Spirit of Salt, a pint of Spring-water, and so proportionably till the Alembick be full, and let them infuse twenty four Hours till you see the Water well coloured, which pour out by inclination into another Glass, and it will carry with it the colour and smell of the Flowers infused, though it leaves the Flowers fresh as if they had been newly gathered.

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54. **PERFUMED Powder.** Take *Florence - Orris* a pound, dried *Damask Roses* a pound, *Benjamin* two ounces, *Storax* one ounce, *Cloves* two drams, yellow *Saunders* an ounce and a half, a little *Citron-peel*, beat all to fine Powder, in a Mortar: put to this 20 pound of *Sarch*, or *Starch*, or *Rice*, ground; mix it well, and finely sifting it, keep it very dry for use, and it will prove an excellent perfuming Powder.

55. **PERFUMED Wash Balls.** Take what quantity of *Musk* you please, dissolve it in sweet compounded *Water*; then take about the quantity of one *Wash-ball* of the Composition, and mix it together in a Mortar; mix and incorporate them with your *Paste*; and making it up into Balls they will all of them retain a curious perfumed Scent.

56. **PERFUMED Water.** Take *Calamint*, *Storax*, *Benjamin*, *Cloves*, and *Mastick*, beat them well together, and put them in to *Aquavitz*, or the *Spirit of Wine* in a glass *Viol*, and when the Liquid is changed to a red colour, infuse in it a grain of *Musk*, strain it, and keep it for use.

57. **PERICARPIUM for Agues.** This, especially for the *Tertian-Ague*, has been often tried with good Success, viz. Take a handful of *Sage*, *Tobacco* three ounces, a spoonful of *Bay-salt*, and a spoonful of good *Vinegar*; beat all these well together into an uniform Mass, which must be divided into two parts, and make thereof two *Wrist-plasters*, to be applied at the usual time before the coming of the *Fit*, and to be renewed, as occasion requires, till they grow dry and troublesome.

58. * **PERICRANIUM.** It is a Membrane which enfolds the Skull, seated next to the *Periosteum*, covering the whole Skull, except just where the *Temporal Muscles* lye. It is of exquisite Sense, and causes intollerable Pains, when the *Temporal Muscle* is wounded.

59. * **PERIOSTÆUM.** It is a thin Membrane, which immediately incloses almost all the Bones in the Body, except the *Teeth*, *Ear-bones*, &c. It has a most exquisite Sense, and probably is the expansion of the *Nervous* and *Tendinous Fibres* of the *Muscles*. Its use is to cover the *Bones*, and to sustain the *Vessels* which enter into them to nourish them.

60. * **PERITONÆUM.** It is a Membrane of an Oval Figure, which cloths the whole *Abdomen* on the inside, and its *Entrails* on the outside. It consists of two *Tunicks*, and adheres alone to the *Diaphragma*, and below to the *Oesillum*; before to the *Transverse Muscles*, but chiefly to their *Tendons*, about the *Linea Alba*; and behind, it grows to the *Fleshy Heads of those Muscles*.

61. * **PERFUME to burn.** Take fine *Benjamin*, *Syrax Calamita* fine, and *Liquid Syrax*, of each an ounce; mix and dissolve them as much as may be in two ounces of *D. R. W.* add *Florentine Orice* in fine Powder, a sufficient quantity to make it up into a *Paste*; as also *Musk* in fine Powder, and choice *Civet*, of each a dram: mix all very well together, and make them into *Cakes*, as big as a *Silver Two-pence*, which dry on a *Tin'd plate*, and keep them for use: Where note, that this Composition,

tion, besides for burning, will be useful in perfuming an hundred other things.

62. * PERRY. This is made of Pears, and is the next Liquor in esteem to Cider, and if made of choice Fruit, preferable before it. Much need not be said of it, the making thereof being in a manner exactly the same with that of Cider; only observe, not to let your Pears be over ripe before you grind them, because their Pulp will not easily let go its Juice; and with some sorts of Pears, the mixing of a few ripe Crabs in grinding of them, in proportion to the sweetness of the Pear, will make it superior to the best Red - Streak - Cider. The best Pears for this use are such as are not fit to be eaten for their harshness, and are so harsh, that even Swine will not eat them; the chief Kinds of which we have already enumerated at Sect. 35 foregoing, to which we refer you. And for the way of making the Perry, See Lett. C. Numb. 144. This being the same with that, where you will have ample Satisfaction.

63. * PERSICARIA *Aspera*, *Hydropiper*: *Biting Arsmart*. It is hot and dry in the fourth degree, chiefly used outwardly in Wounds, hard Swellings, old Sores and putrid Ulcers. Arsmart, or Hydropiper Water, is powerful against the Stone, Gravel, Sand, or Tartarous Slime in Reins or Bladder, a draught of it being taken every Morning fasting, for three, four or six Months together: It is commended in this Case, by Mr. Boyle, as an admirable thing. A Country Gentleman used a whole Load of this Herb in a Year, to make the

Water, by which he cured many of the Stone; and the Root, or Seed, put into an aching Tooth, takes away the Pain.

64. * PERU BALSAM. It cures all inward Wounds, Sores, and Ulcers of the Stomach, Lungs, Entrails, Reins, Bladder and Womb; provokes Urine, cleanses the Urinary Parts of Stones, Gravel, Sand, and mucilaginous Matter, which causes the Strangury, or difficulty of Pissing. It warms, comforts and refoculates the Nerves; and therefore is good against Convulsions, Cramps, Palsies, and all Convulsive Diseases in what part of the Body soever. It strengthens the Head, Brain, Womb, and all the Internal Viscera, opens Obstructions, and eases pains of the Bowels, proceeding from the Colick, Wind, or Matter obstructed in any part. Outwardly it gives ease in the Gout, Cramp, and all external Pains, cures old running Sores and Ulcers, and heals Simple Green Wounds at the first dressing. Dose inwardly from 20 to 60 drops, dropt first into white Sugar, and well mix'd therewith, and then put into a Glas of white Lisbon Wine, and so drank Morning and Night for a Month or two together, or so long as need requires.

65. * PHAGEDENICKS. They are such Medicaments as eat down the Superfluous or Proud-Flesh of Ulcers, and their Callous Lips; they are of mighty use in Chirurgery, and without which, the Artist in many Cases can do no mighty things; they are in several Forms, as Pouders, Liniments, Ointments and Waters; of which the Phagedenick Water is in great Estimation.

66. * PHA-

66. * PHAGEDENICK Water. Take Quick Lime a pound, put it into a large Earthen Pan, affuse thereon a Gallon of Water; which stir well together, and let it infuse 8 or 12 hours, stirring it now and then; being perfectly settled, decant the pure clear Water for use. This is Lime-water. To every pint of this Water, put in fine Powder a Scruple of Corrosive Sublimate (but some good Authors say a dram;) the Water will presently turn yellow, let them be stirred together a good while in a Glass Mortar; then let it stand till clear, which decant for use. This is the Phagedenick Water. It is used for cleansing old Sores and Ulcers, to eat away Proud-Flesh, venomous Warts in the Privities and other Parts, and to help or prevent a Gangreen, by adding Wine to it, and sometimes Spirit of Vitriol. The yellow precipitate at bottom, may be washed in fair Water and dried, which will then become a good Purgative in Venereal Diseases. Dose from two grains to four or five in some proper Electuary: It works both upwards and downwards, and therefore must be given with Caution.

67. * PHASEOLUS, or Kidney Beans. They provoke Urine, and are good to expel Gravel, being given in Powder to two drams at a time in a Glass of White-Port or Lisbon. They are of easy Digestion, and excite Venery. They have all the Virtues of our common Garden Beans, and the same Preparations, which See in Let. F. Numb. 1, 2, and 3. So that I need say no more of them in this place.

68. PHEASANTS. A Cock, if young, has a short Spur, but it old a small sharp Spur; see it be

not cut or pared, if fat it has a fat Vein on the side of the Breast under the Wing, if new a fast firm Vent, if stale kill'd, a green Vent, if you do touch it hard with your Finger, it will peel. A Hen if young hath a smooth Leg, and a fine smooth grain on the Flesh; if old, it hath a rugged wrinkled grain upon the Flesh of it, and full of Hairs, like an old Yard Hen; if she be full of Eggs she will have a fast but open Vent, if not full of Eggs a close Vent. A Pout hath a fine smooth Leg, and a smooth grain upon the Flesh of it, but if green in the Vent, or dry footed, think it is stale killed; but if limber footed, and white in the Vent, then she is new-killed.

69. * PICKLED Ash Keys.

Whilst they are young and tender, parboil them in Water; then take half a pint of White-Port, and a quarter of a pint of White-wine-Vinegar, the Juice of a Limon, and a little Salt: When they are mixed together, and the Salt dissolved, put in your Ash-Keys, and keep the Pot close stopp'd from the Air.

70. PICKLED OISTERS:

Take about a quart of the largest Stewing-Oysters, with the Liquor that comes from them, wash them clean, and wipe them: put to them a pint of fair Water, half a pint of White-Wine-Vinegar, and half an ounce of large Mace; put Liquor, and all together, into an Earthen pot over a soft Fire, let them simmer but not boil, about a quarter of an Hour, then take them up, and put them into a little Vinegar, and White-Wine, till they are cold, and so put them into the Pickle they were boiled with,

and

and pot them up close for your use.

71. * **PICKLED PIGEONS:** Take 12 Pigeons, bone half of them, and take off the Flesh of the other six, and beat them as fine as for Sausage-Meats, mix it with Salt, Pepper, Spice and Herbs, a little Marrow, and Limon-peel, three Anchovies, and three Yolks of hard Eggs; stuff the Pigeons full which you Boned, and let the Herbs be young Beets, Lettice, Sorrel, Spinnage, Marjoram, Savory and Thyme: Make your Pickle with Water and White-Port, and a little Salt, adding a few Bay-Leaves: Boil the Bones in the Pickle, and when it is enough, take them out; when the Pickle is cold, put them in to keep.

72. * **PICKLED PORK** Cut it into Joints, Salt it with Table Salt, let it lye one Night, that the Blood may run from it: Make a strong Pickle of Well-Water, refined Salt, and Salt Peter; boil it, and let it stand till cold, then put in the Pork, but be sure of so much Pickle as to cover it an Inch above it.

73. * **PICKLED TONGUES:** Make your Pickle with Salt-Peter, two ounces thereof to six quarts of Water, twenty ounces of Table-Salt, and a quarter of a pound of brown Sugar; boil all these together till the Scum rises, and it is a very strong Brine: skim it clean, and when cold, put your Tongues into a Tub; let them lye at their full length to be covered: turn them three times a Week, and in three Weeks they will be fit to boil. Then peel them, and eat them with Chickens or Pigeons, Asparagus, Collyflowers, Cabbage, Savoy,

Spinnage, Sprouts, or what is in season. You may keep them in the Pickle as long as you please, and rub them with Bran, and hang them up in your Chimney to eat cold.

74. **PIG to Dress:** To do this the *French* way, which is highly commended: The Pig being scalded and drawn, spit it, and lay it to the Fire; and when it is thoroughly hot, take off the Skin, cut it off the Spine, and divide it into twelve pieces: then take White-Wine and strong Broth, and stew it therein with an Onion or two minced very small, as also some stript Thyme, Pepper, grated Nutmeg, and two or three Anchovies, some Elder Vinegar, Butter and Gravy, beat up well together: dish it up with the Liquor it was stewed in, lay Slices of *French* Bread under it, Garnished with Oranges and Limons under and upon it.

75. **PIG to Dress another way:** Scald, draw, and wash it clean, put a Crust of Bread and some Sage in the Belly, prick it up, and Spit it, Roast it, and baste it with Butter; Salt it, and being Roasted fine and crisp, make Sawce with chopt Sage, Currants, a little grated Nutmeg boild in fair Water and Vinegar, adding a little Grated Bread, the Brains, some Barberries and Sugar: Give these a Walm or two with good stirring, and adding a little beaten Butter, divide the Pig's Body, and Head, take off the Ears, place them on the Shoulders, and so serve it up: Or, this way.

Mince some sweet Herbs, as Sage, and Pennroyal, rowl them up in Balls, with some Butter, and put them

them in the Pig's-Belly, roast him, and being roasted, make Sawce with some Butter, Vinegar, the Brains, and some Barberries, and serve it up.

76. **PIG to SOUCE:** Scald a young Pig, and boil it in fair Water and White-Wine, a quart of the latter to a gallon of the former, put to it a dozen Bay-Leaves, Ginger sliced, and Nutmegs quartered, with half an ounce of whole Cloves: let it be boiled tender, then take it out, and lay it a cooling, which done, put the Liquor it was boiled in, into a Tray, and put it in, so that it may lye covered, adding only a little Salt and White-Wine Vinegar; and in this manner it will keep a long time.

77. **PIG-PYE, Court Fashion.** Take off the Skin of a young Pig, and cut it into quarters, season it with Pepper and Salt, finely beat and mixed; lay it in a Crust of paste made in the fashion of a Pig, shred a handful of Parsley, and about six Sprigs of Winter-Savory; strew this over the Meat, and on that the Yolks of two or three Eggs hard boiled and grated small, upon that a few Blades of Mace, and some Bunches of Barberries, a handful of Currants washed and picked, and half a pound of sweet Butter spread thin; so close it, and let it soak in an Oven not overheated, about three Hours, then beat up a pound of Butter, with a little Sugar scraped over the Lid.

78. * **PIGEONS to Broil:** Slit them down on the Back, and strew them over with a little Salt, and Pepper, roast them gently: often turning them, and Basting them with Red Port-

Wine: When done, make a Sawce of sweet Butter, Lime-Juice, or Juice of Limons and a Shallot, and so serve them. The Tame rough Footed Pigeon; differs not much from the Wild, only they are somewhat bigger, and more familiar, and apt to be Tame. Those which have the least Bodies, are the best Breeders. Their Rooms and Boxes ought to be made clean once a Week, because they delight much in Cleanness, they Love White or Painted Walls, and fair Buildings. If well Fed, bring forth their Young (one pair at a time) once a Month, and if well paired, will never be divided, or parted from one another. They may be fed with white Pease, Tares, and clean Water: They should also have good store of dry Sand, Gravel, and small Pebbles, to rub and cleanse themselves withal; and care must be taken that no Ravenous Birds come near them, especially *Starlings*, who are great Egg-Suckers.

79. * **PIGEONS to Pot:** Being pickt, wipe them with a clean Cloth, but don't wash them; season them with Salt and Pepper, rowl up a piece of Batter in the seasoning, which put into their Bellies; six of them will take up a pound of Butter: place them in the pot with their Breasts downwards, dridge them with Flower before you put them in, and tye them down close: When they are baked, take them out, and put them in another pot, with their Breasts upwards, keep back the Gravy, and if you have not Butter enough, Clarify as much as will cover them, and then set them in a Cellar.

80. **PIGEON-PYE**: To order and season this, Take an ounce of finely beaten Pepper to a dozen of Pigeons; put Butter rowled up in Balls, with a little fine shred Parsley into the Belly of your Pigeons; two pound of Butter is sufficient for the whole Pye, wherein are only a dozen of Pigeons, sprinkling them likewise with a little Salt, before you close up the Crust.

81. * **PIGEONS** *to Ragoo*: Lard them, and cut them into halves, and do some whole; season them with Salt, Pepper, Cloves and Mace, wash them over with Yolks of Eggs, put a good deal of Butter into a Frying-pan, and brown it with a little Flower; put your Pigeons into it, and just brown them; take them out, and put into the Stew-pan as much strong Gravy as will cover them, with a Bunch of Sweet Herbs; let them stew till almost enough, take out the Herbs, and put in Anchovies, Oysters, Mushrooms, and what Pickles you have, with a little Shalot or two. Then having roasted Larks or other small Birds, lay them round the Dish, and for want of Birds fry Sweet-Breads, which cut in pieces, dipt in the Yolks of Eggs, and Garnish with Orange and Pickles.

82. * **PIGEONS** *to Stew*: Mix a good quantity of melted sweet Butter with Parsly, Sorrel and Spinnage, which stew, and when cold, put in some of their Craws, with one or two Bay-Leaves, saving some of it for Sawce. Stew the Pigeons in as much strong Gravy as will cover them, adding Salt, Pepper, Cloves, Mace and Nutmeg, Winter-Savory, Thyme, a little Limon-peel, and 2 or 3 Shalots. Brown

some Butter, and put it in: When stewed enough, put in a little bit of Butter, rowled up in Flower, and the Yolk of an Egg, with some of the Herbs you left out, shake all up together, and serve it.

83. **PIKE** *to Boil*: Take as much White-Wine and Water as will cover it; set the Liquor to boil, cleanse and truss it in a round Ring, scotch it on the Back, and when the Liquor boils put it in, and make under it a quick Fire; being boiled enough, take it up, and for Sawce, take White-Wine-Vinegar, Mace, whole Pepper, a handful of Cockles, or Oysters boiled, or fried, sweet Herbs finely shred, and the Liver of the Fish minced, and scrape in a little Horse-Radish: These being boiled together, Dish up the Pike on Sippets, and beat up the Sawce with sweet Butter and minced Limon, Garnishing with sliced Oranges, or Limons.

84. **PIKE** *Broil'd*: Split it and scotch it with your Knife on the out sides, Salt it, and having the Gridiron very hot, lay it on a clear Fire, baste it with Butter, and turn it often, and being broiled stiff and crisp, serve it up with beaten Butter, Juice of Limons, or Wine-Vinegar, Garnished with slices of Oranges or Limons.

85. **PIKE** *to Fry*: Cleanse it well from the Slime and Blood, dry it, and Flowering it, roul it round in your Pan, or slit it, and fry it pretty crisp with sweet Butter; then for Sawce, beat up Butter, White-Wine, Oyster-Liquor, and Nutmeg, Garnish it with sliced Oranges, Limons, Barberries, and fried Parsley.

86. **PIKE**

86. **PIKE Hash'd**: Bone and scale it, mince it with an Eel; put in some sweet Herbs finely minced, Mace, beaten Nutmeg, Pepper and Salt; stew it in a Dish with a little White-Wine; and when it is stewed sufficiently, stir in a piece of Butter; serve it on Sippets, and lay on some large stewed Oysters, some fried in Batter, others Green, with the Juice of Spinage, others yellow with Saffron; Garnish the Dish with them.

87. **PIKE to Roast**: Scrape it and take out the Entrails, lard the Back with Pickle-Herring; Take Claret-Wine and large Oysters, and having seasoned the Oysters with Pepper, and Nutmeg, stuff the Pike's Belly with them, mix'd with Thyme, Winter Savory, and some slices of an Onion; sew up the Belly, and with two flat sticks about the breadth of a Lath, bolster up the sides of it; baste it with Butter, and Claret-Wine, beat up together, having tied Rosemary and Bays, to keep off the heat coming too much where the Laths do not defend it from the scorching; and when it is Roasted, take it off, and take out what is in the Belly of it, and with what has dropt from it, some beaten Butter and Claret, Dish it up.

88. * **PIKE to Roast**. Season it (after it is scalded) with Salt, Pepper, Cloves, Mace, Sweet-Herbs; rubbing the Seasoning in very well. Take a large Eel, bone it, and cut it into square pieces, as if it was Bacon; season it with the same as you did the Pike. Rowl the Pike in the Cawl of a Brest of Veal, tye it to the Spit; and

when it is half roasted, take off the Cawl, and dridge it with grated Bread, baste, and flower it; then roast it till yellow; Garnish the Dish with rasp'd Limon-peel and Pickles. The larger the Pike is, the courser is its Flesh, the smaller being ever the best Food. The best sort are taken in Rivers; those in ponds are not to be liked.

89. **PIKE Souced**: Draw it, and wash it clean from the Blood and Slime, boil it in Water and Salt, putting it in when the Liquor boils up; let it boil leisurely, season it well with Salt, but beware you boil it not too much, nor in more Water than what will just cover it; and if you design to keep it long in the Souce, you must put as much White-Wine as Water, with some Wine-Vinegar, slices of Ginger, large Mace and Cloves, when the Wine, Vinegar, and Water boil, adding a little Limon peel, boil it up quick, but not too much; then pour on the Liquor, and cover it up close, and when you serve it, Garnish it with Bunches of Barberries, and sliced Limon.

90. **PIKES to Souce and Gelly**: The Fish being scalded and cleansed Bone it, and season it with Nutmeg and Salt; roul up three or four Pikes like Brawn or Collard Eel, and bind them in that posture; put them in a clean Cloth, and boil them in Water, White-Wine and Salt, with the Spice, observing always that the pot boils before you put them in; keep it scummed, and add some large Mace, and slices of Ginger: If you only intend to Souce them, boil them not down so much; but

but if they are to be Gellied, put to them some Isinglass, and serve them up in the Collars, standing in the Gelly: And thus you may do with Eels, Tench, Salmon, Conger, &c.

91. **PIKE Stewed:** Take your Pike, split it, and lay it in a Dish, and when the Blood is washed out, put to it as much White-Wine as will cover it, and set it a stewing, and when it boils, put in the Fish, and scumm it; put in some large Mace, whole Cinamon and Salt, and being well stewed, take out the Spice, and put in a good piece of Butter, with two or three Yolks of Eggs; give it a walm, and pour it on the Pike. In this manner you may stew Carp, Bream, Barbel, Chevin, Roach, Conger, Gurnet, Tench, Dace, Perch, or Muller.

92. **PIKE, and WHITE-BROTH** Here the Pike must be cut into three equal pieces, and boiled in Water, seasoned in a little Salt and sweet Herbs; when it boils, beat the Yolks of six Eggs, with a little Cream and Sugar, melted Butter, and some of the Broth; then dish it up, putting the Head and Tail together, cleave the middle piece in two, and take out the Back-bone, put one piece on the one side, the other on the other; blanch all, and pour the Broth on.

93. **PILLS DIURETICK.** Take Chio-Turpentine, and white Vitriol finely powdered; mix them into a Mass, and make Pills of them exceeding small.

The Pimitive Quality of the Vitriol, being Corrected by the Turpentine, the Pills work good Effects, especially in all difficulties of making Water, being given from half a dram to a dram.

94. **PILLS for the Green-Sickness.** Take Extract of Mars one ounce; Aloes-Succotrine, prepared with the Juice of Succory six drams; Extract of Rheubarb half an ounce, Saffron two drams, distilled Oil of Savin six drops; mix them to a mass, and so make small Pills of them.

These Pills cure the Green-sickness in young Virgins, the Party so grieved taking a scruple at a time in a Morning fasting, and drinking after them two or three ounces of Wormwood wine, and walking after that about an hour, for several Mornings together.

95. *** PILLS UNIVERSAL.** Take Aloes, Cambogia, of each two ounces; make them into a gross Powder, and dissolve it in a small quantity of fair Water over a gentle Fire, and evaporate till the Mass is of the thickness of a soft Extract; to which add Scammony, Sal Nitre, both in very fine powder, of each two ounces; mix and make a Mass of Pills. This is one of the best Medicines in the World for a general Purger, for it purges briskly and nimbly all Humours, and carries every kind of Defilement out of the Body, performing more in one single Dose, than most other purging Medicines will do in five. It kills Worms in Children to a Miracle, beyond any other thing of ordinary use, and brings them away many times burst. It cures the Pains and Weakness of the Stomach, cleanses it, and causes a good Appetite. It is a singular cure for the Dropsie, beyond most other Medicines, and prevails against the Scurvy, Jaundice, Gout, Stone, Rhenmatism, and other stubborn and rebellious Diseases, not easy to be removed;

moved; it opens all sorts of Obstructions in the Liver, Spleen, Reins, Womb, and Bowels, helps the Cachexia and Green-sickness, and causes a good colour in the Face. Dose from a scruple or twenty grains to half a dram, or thirty grains in the Morning fasting, with Observations as in other Purgés. To Children you may give from 8 grains to 16 or 20, according to their Age and Strength; they work nimbly downwards, and not upwards, unless the Stomach is very foul.

96. PIPPIN CAKES. Being pared and quartered, boil in fair Water till they are tender: rub them thro' a Sieve, adding to every pound of the Pulp three quarters of a pound of *D. L. S.* Boil the yellow of a Limon-peel till it is tender, shred it very small, and mix all together; make it as hot on the Fire as you can hold your Fingers in it; then run it on plates, and set it in an Oven after Tarts to dry. The next Morning cut it into what fashion you please, and dry them well. If you love it sharp, you may mix Juice of Limons with it.

97. * PIPPINS to Candy: Fair large Pippins being pared, bore a hole thro' them; put them into an earthen Platter: Strew *D. L. S.* on them, sprinkling also *D. R. W.* on the Sugar. Bake them in an hot Oven, as for Manchet; stop them up half an hour, then take them and lay them on a Wyre Lattice, and so let them dry 3 or 4 days.

98. PIPPINS to Dry: When Household Bread is drawn, then set in a Dish full of Pippins, about six hours after take them out and lay them in several

Dishes one by one, and flat them with your Hand a little; do so twice a day, and still set them in a warm Oven every time till they are dry enough; then lay them into Boxes with papers between every Lay.

99. * PIPPINS to Gelly. Take a dozen Pippins pared and quartered, Water a pint and half; boil till the Water has extracted all the Virtue of the Pippins; put it into a Hair Sieve, let it settle all Night, and lay a whole piece of Citron sliced into that Liquor, to soak out the Sugar. The next day, having all things ready, put a pound of *D. L. S.* to a pint of that Liquor; when it boils, put in some Slices of Pippins cut the wrong way, till you come at the Kernels; boil quick, which will be soon done, and put it into Glasses, with thin Slices of Citron and Juice of Limons.

100. * PIPPINS to Preserve Green. Take Green Pippins and coddle them, the Water being first hot, shifting the Water thrice, till they be green: And when they are tender, take them up and seal them; put them into as much clarified Sugar as will cover them: let them boil leisurely half an hour; then take them up, and boil the Syrup by it self a little more; put in your Pippins when it is cold, so will they keep all the Year.

101. * PIPPINS to Preserve. Being pared, quartered and coddled, boil them in fair Water with some of their parings, and parings of other Apples; and the Apples being also quartered, boil till they are tender; put them into a clean Cloth, to drain the Water away. Take as much

of

of that Water or Decoction as will boil up the Pippin Quarters to be preserved, and put it into a Posnet or Pipkin, with as much *D. L. S.* as you please, but in proportion to your Apples to be preserved. Put all together, and make it boil upon a Charcoal Fire till they are very tender, stirring them sometimes with a Spoon, but not to break them. Take them out, and lay them upon the Brims of a Dish, or on a clean Cloth to drain. After this, dish them upon a plate, and make an end of boiling the Syrup upon a quick Fire, putting in more *D. L. S.* and Juice of Limons; let it boil till it be a Gelly, then take it off from the Fire, and when cold, so pour it over your Apples, and on the Brims of your plates, as you think fit. *Note*, you must take out the parings before you strain. This Decoction is good for almost all other Fruits, being of singular Advantage in these Cases.

102. * *PIPPINS to Stew.* Being pared and quartered, or cut into halves, to every pound of them put a pound of *D. L. S.* and boil them in Water and White-port-wine, of each equal quantities; make a Syrup and scum it, letting it boil fast: when they are half boiled, put in Juice of Limons, and a little Limon-peel. When the Syrup begins to grow thick, put in (if you please) a little Ambergrise, dissolved in Juice of Limons, and shake them to a Gelly, and so take them up. Let them stand till they are cold; then lay the Gelly in Lumps upon them, and so serve them. The Limon-peel is to be taken out when it has gi-

ven the Syrup a Taste, otherwise it will be bitter.

103. * *PIPPINS to Shew.* Being pared, cut in halves and cored, to every pound of them put in *D. L. S.* three quarters of a pound, and as much Water as will cover them. Boil the Water and Sugar together, scum it well, cut in a little Limon-peel, and lay in the pippins, the Core-side downwards: Boil them up quick; stew them till they look clear. Take them up and lay them in a Side-dish, and boil the Liquor with a little White-wine, or Juice of Limons, or a little Cream, and the Yolks of two or three Eggs, and two spoonfuls of Orange-flower-Water, which pour over them, instead of the Liquor, if you like that better.

104. *PIPPIN TARTS:* Take Pippins before they be quite ripe, pare them, cut them in quarters, take out the Cores, lay them in Quarters in the Tart, with a thin slice of Quince under each quarter, and the scrapings of Orange or Limon-peel; put in good store of white Sugar, pour in the Syrup of Quinces or Pippins, scatter over them little bits of Cinamon, close up the Lid, and bake them in a gentle Oven.

105. * *PIPPIN TARTS:* Take two Oranges pared thin, boil in Water to tenderness; shred them small, pare 20 Pippins, quarter and core them, boil them in a sufficient quantity of Water to softness, put in half a pound of *D. L. S.* and the former shred Orange peel, also the Juice of the Oranges; boil till they are pretty thick, and let them be cold; put the Pippins into open Tarts, and bake them

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in a moderate hot Oven, and so set them by for use.

106. * PIPPINS *Stewed*: Take a Gallon of Pippins, pared, quartered and cored; stew them in Canary, adding a little D. R. W. Spice them with Cinamon and Nutmeg, squeezing in the Juice of a Limon; add D. L. S. to your palate, and stew till tender: when cold, use them for Taffata Tarts.

107. * PIPPIN TANSEY: Slice your Pippins, as many as will cover the bottom of the Frying-pan. Fry them with a soft Fire, beat 8 Eggs, Whites and all, with a half penny, or penny Loaf Grated, half a pint of Cream, a quarter of a pint of Juice of Tansey, and as much Juice of Spinage, a Nutmeg Grated, and D. L. S. to your palate: beat all this together, and pour it over your fryed Pippins: fry over a soaking Fire; when thoroughly Fried on one side, turn it, and do the like on the other; serve it with sweet Butter melted thick, and Sugar round the Brims.

108. PIPPINS *to Preserve*: Take six Weeks before *Christmas*, middle sized Pippins, free from spots, make a Gelly-Water very strong of Apple-Johns, and Pippins, as you do for clear Cakes, and so strained; Core your Pippins, scald them, and cut them in halves and pare them. Take three pound of Sugar, and three pints of Water, and when it is boiled and well scumm'd, put in 40 halves of Pippins, boil them apace till they be clear; when they are near enough, put in the Juice of two Limons, drain them clear from the Syrup, and put them in deep Glasses;

take Orange-peel that hath been boli'd tender in several Waters, and cut it into thin long slices, boil it in the Syrup you took from the pippins, until it look very clear, drain it from the Syrup, and lay them amongst the Pippins in the Glasses, then take Gelly, and to every quart take a pound and half of D. L. S. boil it as fast as you can, till it be Gellied; when it is almost enough, strain it, add the Juice of 5 or 6 Limons, then pour it upon your Pippins; the next day tie them up with wet papers and dry over them.

109. * PITCH. From the Pine and Pitch Tree they make our Common Tar. This Tar is heated so hot in an Iron Kettle, till it takes Fire, letting it Blaze in any open place for some time, and making Tryals with it by cooling it, they bring it to the Consistency of Pitch, then they extinguish the Fire by covering the Kettle. It is used in Surgery to make Ointments and Emplasters of, for the Curing of Wounds, Ulcers and the like: From the Smoak of Pitch-Lights, is made a great deal of Lamp-Black, and Printers Black for their Printing-Ink.

110. PLAGUE - SICKNESS: Take a Vial, or some other Glass, and fill it to the third part with Venice-Treacle, the other third part with Brandy, or Spirit of Wine; mix these well together by shaking, and take Morning and Evening half an ounce in two ounces of Mint, Rue, or Bawm-Water.

But of all others in this Contagious Distemper, this occurs as a very much approved Remedy, viz.

Take Walnuts when the Green Husk is on them, and before the Shell is hardened underneath; put them when bruised, to steep in White-Wine eight days; then with some Bawm, Rue, and tops of Fe-therfew, and Wormwood a little bruised, put them into an Alembick, and Distil them. You may drink an ounce and a half of the Water, Morn-ing, Noon and Night, put into it some perfumed Comfits, and stir them well about till they are dissolved.

III. PLAGUE-SORE to Break

Take Bay-Salt, Rye-Meal, and the Yolks of Eggs as many as will make them into a paste; spread it on a piece of Leather, and apply it to the Sore or Carbuncle, and it will draw the Poison to a Centre, so that the Sore will ripen; and being broke, the In-fectiion will come away; to expedite the Cure of which, when it is broke, put the Rump of a live Chicken to the Mouth of the Sore, so that its Vent may be placed on it, and it will draw the In-fectiion into the Body of the Chicken inso-much, that in a short time it will die, and so will one or two more, if the Infection be great; but when they cease to do so, its a sign the Malignity is exhausted, and the party in a very fair way of recovering Health.

112. **PLAISTER** for Bruises: Take Oil of Olives six ounces, yellow Bees-Wax an ounce and half, Ammoniacum and Bdellium, of each half an ounce; Galbanum, Opopanax, Oil of Bays, Lapis Calaminaris, both the Birth-worts, Myrrh, and Frankincense, of each two drams; Turpentine an ounce, Litharge of Gold powdered four ounces; boil the Oil and Litharge

together, keeping them stirring, and when it will not stick to your Fingers, take it from the Fire, and melt the Wax into it, add the Turpentine with the Gums, afterwards the pouders; and being cold, put in the Oil of Bays and Frankincense, and make it into a Plaister.

This Paracelsian Plaister is good for Bruises, and all manner of Aches, or Pains whatsoever, and being applied, it strengthens weak Limbs.

113. * **PLAISTER** for Cancers, or Cancerous Tumours, by Mr. NEW, the Chirurgeon. Take White Wax two pounds, Sperma Ceti pure, 5 ounces, Oil of Roses, (or rather Oil of Ben) a sufficient quantity, or so much as may make it into a soft Emplaster, or Cerot, by melting them together. Dip your Linnen into it, and apply it to the Swell'd or Cancerated Breast, occasioned either by Curdled Milk, Blow, or Bruise, or any other way. It will either dis-cuss it; or if inclining to Suppurate, it will break and heal it, and that without pain. The Emplaster may be wiped and turned, sometimes the one side, and sometimes the other, and so it will serve for several days.

114. * **PLEURISIE**: Take choice Canary or Milk-Water half a pint; Spirit of Sal Armoniack, of Harts-horn, of each thirty drops; mix and give it for a Draught, to be repeated three times a day; and at Night at Bed-time; let the Patient take gr. iij. of our Volatile Laudanum. Or thus.

Take Tincture of Corn Poppies an ounce and half, Poppy Water two ounces, Spirit of Sal Armoniack 60 drops, mix for a Draught, to be given two or three times a Day, and

at Bed time, let the Sick take this Dose. Take Liquid Laudanum, or our Guttæ Vitæ, twenty drops, Cinnamon-Barley Water three ounces; mix them for a Dose, to be continued as long as need requires.

115. * **PLUMBUM USTUM**: *Burnt Lead*. It is made of Lead two parts melted in a Crucible, with one part of Sulphur added to it, and kept over the Fire, till it is all Burnt out; the Lead will then be turned into a black powder, which is called *Plumbum Ustum*, or *Burnt Lead*. It is of use to make Liniments, Ointments and Emplasters of, to allay the sharpness of Humors, resist Fluxions, ease pain, discuss Tumors, and hinder the eating of *Phagedenick Ulcers*.

116. * **PLUM-BUDS** to *Pickle*: Boil Salt and Water together to the common Strength, put in your Plum-Buds, boil them, but not tender; strain them from the Water; when cold, take Whites of Eggs a fit quantity, and Wine-Vinegar, beat them well together, boil gently with two or three Blades of Mace, and bruised Pepper; put them into the pickle, in which let them lye nine days; scald them in a Kettle or Posnet six times, till they are as green as Grass, but take care that they be not soft, then putting them cold into a pot, tye them over with white Paper and Leather.

117. * **PLUMS Green to Dry**: Take the green Pescod-Plum, or any other Plum at its full Growth, but not turn'd its Color; parboil in Water, peel them, and have ready a thin Sugar Syrup, into which put the Plums, and boil till tender. Take them out, lay them on draining

plates, having the weight as they weighed at first in fine powder, make it into a Syrup, with as much Water as will wet the Sugar, boil and scum it, into which put your Plums, boil them a very little, take them from the Fire, put them into a Glass or Earthen Bason, let them stand 24 hours, turning them in the Syrup, then pour the Syrup from the Plums, and boil it; presently take it from the Fire, and put in the Plums, do so every day till they have drank up the Syrup; after which, lay them on Glass plates, doing as you do with Apricocks. Take the thick paste when dry enough, lay it upon Glass-plates, and make it into the fashion of half a Plum; make a hole in the middle, big enough for the Stone to lye in, and so let them stand till reasonably dry, put in the Stone, and lay another half on it, and so keep them as Sweet-Meats.

118. * **PLUMS Green to Dry, another**: Take Green-plums when grown to full bigness, but before they change Color, put them into as much Water as will wet them, and half their weight of D. L. S. boil and scum the Syrup, and then put in the Plums: let them scald, and so take them off, set them on again, and boil till tender. Do so several times, cover them close, and twice a day heat them over the Fire, till they have sucked up all the Syrup; then lay them on Glasses to dry, for one or two days.

119. **PLUMS to Dry Naturally**: Take of any sort, and pick them, and put them into the bottom of a Sieve, dusted with Flower, to keep them from sticking; let them stand in a

warm Oven all Night, the next Morning turn them upon a clean Sieve, and so do every day till you see they are very dry.

120. **PLUMS** *to Dry for Tarts*: Take your Plums, wipe them, and lay them on Lattices, set them into the Oven after Bread is drawn; when you take them out, turn them, and set them in as before, then put them into paper Bags, prick the Bags full of small holes; hang them up in a Kitchen, or any other warm Room.

121. * **PLUMS** *Olive like*. Make a Pickle of Water, White-port Wine, Wine Vinegar, Salt, Dill, and Fennel-seed, boiling them together; put in as much of each as will give a perfect Taste, to the Pickle; put in the Plums, and taking it presently from the Fire, let them be cold, and then put them.

122. * **PLUM-PORRIDGE**: Make very strong Broth of Legs and Shins of Beef, Neck Beef, Necks of Mutton, boiling them till all the Goodness is out of the Meat: Strain the Broth from the Meat, and when cold, take off all the Fat (if you so please) and add to the Broth; and to three Gallons thereof, add the Grated Crumbs of a Six-penny Loaf; let it steep in the Liquor an Hour, set it on the Fire, and add thereto Cinamon broken into small bits; 6 or 8 Cloves slit, two Nutmegs sliced, and 2 or 3 whole Blades of Mace; half a pound of Dates stoned and sliced, 3 pounds of large Currants, two pounds and a half of Raisins; put in the Fruit with the Bread, season it with Salt to your Taste, boil gently, and then add Red-port Wine, Canary, of each a quart;

boil so as to plump the Fruit, and so serve it up in Dishes: Some add to it Grape-Verjuice, or Juice of Oranges, according to every ones Palate.

123. * **PNEUMATOSIS**: It is the Generation of Animal Spirits in the Cortical substance of the Brain. The little Arteries there, are emptied, and the Spirits distill, which after they are come as far as the middle of the Brain, they actuate and invigorate all the Nerves.

124. **POLONIA** *Sausages to Make*. Take the Fillets of a Hog, mince them very small, with Sage, Penny-royal, and Thyme, of each half a handful stript from the Stalks; then season it with beaten Jamaica and Black Pepper finely sifted, and Salt: put the mixture into a Hog or Sheep's great Gut, and lay it in Water and Salt three Nights; then boil it gently for fear of breaking, and hang it up in a Chimney to be smoak'd, or dry place, and they will keep a long time.

125. * **POLYGONATUM**. *Solomon's Seal*. It is Astringent and Vulnerary; stops all Fluxes whether of Blood or Humours, in the Bowels or extream Parts, it cements broken Bones; and the Root boiled in Wine and drunk, is excellent for inward Bruises and Ruptures. Outwardly used, it takes off Spots, and whitens the Skin: fourteen or fifteen of the Berries purge Flegm upwards and downwards. The Essence or Decoction of the Roots is good against the Falling-Sickness, and stops the Whites in Women.

126. **POMANDER** *Fine*. Take two ounces of Labdanum, of

of Benjamin and Storax one ounce, Musk six grains, as much of Civet, as much of Ambergrise, of Calamus Aromaticus, and Lignum Aloes, of each a scruple; beat all these in a Mortar, and with a hot Pestle, till it come to a perfect Paste, then take a little Gum Tragacanth, steeped in Rose-water, and rub your hand withal, and make it up with speed, make them into what shapes you please, print them and dry them.

127. POMATUM Rare.

Take a pound of Lambs - suet shred small, and put it in a coarse Cloth, bear it till it be in a Cake, then shred it small again, and put it in a Glass or Pot; with it, put three ounces of White Lilly-Roots cut, two ounces of Sperma-Ceti, and tie up the Vessel close; set it in warm Water till it is all melted, strain it thro' a fine Holland Cloth, and put it in a Bason, and put to it a dram and half of Camphire, dissolved with a little Spirit of Wine, and stir it till it be cold, the longer you stir it the better it will be; but three hours is the least you can bestow upon it.

128. POMEGRANATE.

Of these there are three sorts, Sweet, Sharp, and Winy; and the quality of them all is Restricting, but not alike; for by their Taste you may judge their difference, and their Grains are more binding and drying than their Juice; the Rind more than the Grains, and the Blossoms have the same Virtue with the Fruit. The powder of a Pomegranate dried in an Oven, in a new earthen Pot, close stopp'd, is singular good to stay the Flux of the Belly. The Leaves of the

Pomegranate-Flowers, well beaten, and the Juice of them mixed with the Oil of Roses, does very much help the inveterate Pains of the Head; and so sovereign it is, that most hold that no venomous Creature will come near the Boughs of it; for which reason the Ancients laid them in their Beds, and stuck them about their Houses.

The Decoction of the Root of a Pomegranate Tree being drank, kills the large Worms in the Belly, and causes them to be cast out.

129. POPPY Syrup. The Flowers of their Red Poppy are very cooling, and assuage Pain, and bring Sleep to weary Eyes; and therefore are chiefly used for Fevers, Pleurisies, and Quinsies, and other Diseases, especially of the Brest, that need cooling Medicines, and for immoderate Fluxes. The Conserve and the distilled Water are greatly in use, but the Syrup most.

To make it, Take the fresh Flowers of Red Poppies two pound, and pour upon them two quarts of Spring-water well warmed, press them out the next Day, and infuse the quantity of fresh Flowers in the Liquor, as before; then strain it, and put in as much Sugar as the Liquor weighs, and so make it into a Syrup, by boiling it to a thickness over a gentle Fire.

130. POPPIES, Garden; a Syrup. Take the Heads of black Poppies freshly gathered six ounces, and of white ones, not thoroughly ripe, eight ounces, Water a gallon; boil them to the consumption of two quarts of the Liquid, and put therein Sugar a pound and half, or two pound, and boil them to a Syrup. This is excellent good to

allay the Heat of the Head and other Parts, or when it too much afflicts the Brain. It is given with success in Frensies, or to those that are restless, and cannot sleep well, as also for Catarrhs and Coughs.

131. * PORES. They are certain Spaces or Vacuities between the Particles of Matter which constitute every body, or between certain Aggregates or Combinations of them. Those little imperceptible holes in the Skin, thro' which the Sweat and Vapours insensibly breath out of the Body, are called *Pores*. Mr. Boyle says, the most solid Bodies that are have some kind of Pores; which if they had not, all Bodies would be alike superficially weighty.

132. * PORTUGAL-CAKES.

Take sweet Butter, *D. L. S.* in fine Pouder, of each a pound; stir them with a Stick in a Pan well together, add Almonds four ounces, well beaten, with a little *D. R. W.* three Eggs well beaten; stir all well together, adding by degrees a pound of fine Flower, and a pound of Currants: Make all up into round Cakes, and glaze them with *D. L. S.* mixed with *D. R. W.* and so bake them.

133. PORTUGAL-PUFFS.

Take the Yolks of 12 Eggs (no Whites) beat these well with three or four Spoonfuls of Sack, half a pound of Loaf Sugar, beaten and searfed, two or three Spoonfuls of fine Flower; mingle these, and fry them with Butter, strow Sugar upon them, serve them up.

134. POSSET. Put a pint of good Milk to boil, as soon as it doth so, take it from the Fire,

and let it cool a little; and when it is pretty well cooled, pour it into the Pot, wherein is about two Spoonfuls of Sack, and four of Ale, with sufficient Sugar dissolved in them, so let it stand a while near the Fire, till you eat it.

135. POSSET of Sack. Take two quarts of Cream, boil it with whole Spice, take twelve Eggs well beaten and strained, take the Cream from the Fire, and stir in the Eggs, and as much Sugar as is will sweeten it; put in as much Sack as will make it taste well, and set it on the Fire again, and let it stand a while; take a Ladle and raise it up gently from the bottom of the Skillet you make it in, and stir it as little as you can, so do it till you see it be thick enough; then put it into the Bason with the Ladle gently; if you do it too much, it will turn to Whey.

136. POTATO-PYE. Your Crust being ready, lay in Butter, and then your Potato boil'd tender, then some whole Spice, and Marrow; Dates, and the Yolks of hard Eggs, blanch'd Almonds, and Pistacho Nuts, candied peels of Citron, Orange and Limon, put in more Butter, close it and bake it; then cut it open, and put in Wine, Sugar, the Yolks of Eggs and Butter.

137. * POTATOES Artificial. Take Jordan Almond, blanch'd and beaten, Naples Bisket, of each half a pound; sweet Butter a pound, eight Eggs, with half their Whites well beaten: Beat all these in a Mortar so well together, till they become one Uniform Mass; add some Canary and Orange Flower Water; sweeten with *D. L. S.*

to your Taste, and with fine Flower make it into a soft paste: lay it on a Trencher; and putting two pounds of Lard into your Frying-pan, and making it boil very fast, then cut the soft paste on the Trencher into Bits, about the bigness of Walnuts, which cast into the boiling Lard, letting them boil till yellow and brown; when they are enough, take them up, drain the fat from them in a Sieve, put them into a Dish, and pour over them for Sauce melted Butter, shak'd up with Canary, and strew upon that D. L. S. so serve them,

138. **POTTAGES** of Mutton. According to the quantity of what Broth you will have, you must proportion your Knuckles of Beef, the Flesh of the hinder part of the Rump of Mutton and Hens; you must seeth the Flesh very well with Parsley, young Onions, and Thyme tied in a Bundle with Cloves, Mace, and some beaten Cinamon, keeping always some warm Water to fill up the pot as your Liquor consumes; when you have boiled them well, strain the Broth, and preserve it for your use.

139. **POTTAGE** the French way. Take an equal quantity of Chervil, hard Lettice and Sorrel, or any other Herb you like best, in all as much as a peck will hold press'd down; pick and wash them well, and drain them from the Water; put them into a Pot with half a pound of fresh Butter, and set them over the Fire, and as the Butter melts, stir them down in it till they are all within the Butter; then put some Water in, a Crust of Bread, some whole Cloves, and a little Salt, and when it is

boiled, take out the Crust of Bread, and put in the Yolks of four Eggs well beaten, and stir them together over the Fire; lay some thin slices of White-Bread into a deep Dish; and pour it in.

140. **POTTAGE**. To make this very excellent, nourishing, and conducing to Health and Strength, take the Knuckle end of a Leg of Veal, very largely cut, put into it a gallon, or six quarts of Spring-water, a pint of Oatmeal sifted very fine, Penny-royal, Parsley, Thyme, and Winter-favory, of each a little bundle, unshred; also Sweet-marjoram, Sorrel, Violet and Marigold-leaves; you may let it stand a whole Night over a gentle Fire, and boil it up the next Morning, with some Mace, Currans, Hartshorn Shavings and Sugar; then strain it, and eat it warm.

This is very good against a Consumption, or any Defect in the Lungs, or Stomach.

141. **POTTAGE - BROWN**. Take two quarts of strong Broth, a quart of Gravy, a little French-Bread sliced, 20 Balls of forced Meat, some Sheeps-Tongues and Pallets; season it with Mace, Nutmeg, Pepper and Salt; let it stand a quarter of an hour over the Fire, put a Duck roasted in the middle, and half a pound of Marrow fried brown.

142. * **POTTED Lobsters**. Boil them till they will come out of their Shells. Take their Tails and Claws, season them with Salt, Pepper and Mace: put them into a Pot, and bake them with sweet Butter; when taken out of the Oven, take them out of the pot, and put them into a

long pot: Clarifie the Butter they were baked in, adding to it as much besides as will cover them very well, and so keep them for use.

143. * **POTTED Pork.** Take a choice Leg, or any fleshy piece of Pork, skin it, and cut it into pieces; beat it in a Mortar very fine; season it high with Salt and Pepper, shred a good handful of Sage, Savory and Thyme; mix them together, put all into a Pot with a pound of sweet Butter: Bake it with brown Bread; when out of the Oven, take it out with care, drain it from the Gravy, put it into a dry pot, press it down close and hard; skim off all the Butter, and put to it, and clarify as much more as may cover it an Inch above the Meat; wet Paper, and cover the pot with it, and set it in a Cellar. After 4 Days you may eat it.

144. * **POTTED Salmon.** Season the Flesh with Salt, Pepper, Cloves, Mace, and a few Bay-leaves; put it into a Pot with as much melted Butter as will cover it; bake it with Manchet: When baked, take it out of the Pot, and put it into the Pot you intend to keep it in, and pour over it clarified Butter, so much as to cover it well; if you find it not season'd high enough, season it higher, then put it into the aforesaid other Pot, and so keep it for use. Thus Eels and Trouts (being boned) may be potted and kept.

145. * **POTTED Tongues.** Take Pickled Neat-Tongues when they look Red, cut off their Roots, boil them till they will peel, after season with Salt, Pepper, Mace and Nutmeg;

rub it into them well with your Hands, whilst hot; put them into a pot, and melt as much Butter as will cover them; bake them; then take them out of the pot, and put them into the pot you intend to keep them in; pour off all the Butter, and keep back the Gravy: Clarify as much more Butter as will cover the Mouth of the pot an Inch above the Tongues, and fill up the sides with Chickens or Pigeons.

146. **POULTRY Distempers:** *Pip*, is a white thin Scale, growing on the tip of the Tongue, and makes Poultry they cannot Feed; it is easie to be discern'd, it proceeds from want of clean Water, and drinking puddle-Water, and eating filthy Meat. The Cure is to pull off the Scale with your Nail, and then rub the Tongue with Salt. *The Rop*, is a filthy Boil or Swelling on the Ramp, it will corrupt the whole Body, it is commonly known by the starting or turning the Feathers backwards: To Cure this, you must pull away the Feathers, and open the Sore, thrust out the Core, and then wash the place with Salt and Water, or with Brine; and it helps it. *The Flux* cometh with eating too much moist Meat, the Cure is; To give them Pease, or Bran scalded, and it will stay them. *Stopping in the Belly*, is contrary to the *Flux*, so that they cannot move; therefore you must anoint the Vents, and give them either small bits of Bread, or Corn steeped in Man's Urine. *Lice*, If they be much troubled with Lice, as it is common, proceeding from Corrupt Food, or want of Bathing in Sand, Ashes, or such like; Take Pepper

Pepper small beaten, mixing it with warm Water; wash your Poultry therein, and it will kill all sorts of Vermin. If Stung, with any Venomous Worm, &c. appoint the place with Rue and Butter mix'd together. Sore Eyes. Take a Leaf or two of Ground Ivy, and chew it well in your Mouth, suck out the Juice, and spit it into the sore Eye, and it will certainly heal it.

147. **POUDER DAMASK:** Take Orrice half a pound, Rose-Leaves four ounces, Cloves one ounce, Lignum Rhodium two ounces, Storax one ounce and half, Benjamin the like, Musk and Civet of each ten Graips, beat them together grossly, save the Rose-Leaves, which you must put in afterwards; this is a very fine powder to lay among Linnen.

148. **POUDER Comfortative:** Take Cloves, Nutmegs in fine powder, of each half an ounce. *Contra Yerva*, Winter Cinamon, Virginia Snake-Roor, of each three drams, Harts-horn Philosophically Calcin'd; rust of Iron, each in fine Powder two ounces, Sal Tartari Sulphurated one ounce, Treble Refined Sugar a pound, mix and make a subtil powder.

This wonderfully strengthens the Noble Parts, restores the Languishing Force, and cures Swooning and Fainting Fits. It is good in Fevers, and other Diseases. It is given to Asthmatick and Consumptive Persons, and to such as are wasted and brought low by Sicknes. The Dose is from half a dram to a dram, in Wine, or any Cordial Water; It may be taken in any Pectoral Electuary, or with any convenient thing, as you please.

149. **POUDER for the GOUT.** Take Hermodactyls, Turbith, Cambogia, Mechoacan and Scammony, of each a dram; white Sugar-Candy two drams; powder them very fine.

This Powder purges Serofities that lay a Foundation for the Dropsy and Gout, or Nourish those Humours that occasion the Pains. The Dose is from a Scruple to a Dram, taken in a Glass of White-Wine in the Morning fasting, and fasting two Hours after it.

150. **POUDER to Incarnate:** Take Olibanum, Sarcocol, Myrrh, Massick, Aloes and Mummy, long and round Birthworts, of each an ounce; bruise and make them into a fine powder.

This cleanses Wounds, and causes the Flesh to grow, being laid to them alone; or mixed with Ointments, or proper Waters, as Camomil, Bugloss, Mint, Rue, St. John's-wort, Blood-wort, &c.

151. **POUDER to Whiten Teeth.** Burn the finest sort of Pumice-stone, Cuttle-bone, white Coral, and Cream of Tartar prepared upon Porphyty, the Roots of Florence Orrice finely powdered, of each half an ounce; Sal Vitriolatum in powder a dram, Musk and Ambergrise, of each three grains; mix them well together, and make a powder.

This Powder cleanses and whitens the Teeth. You may use it as it is, or mixed with Syrup of Coral, or dried Roses, or Syrup of Roses. Or, to save all this Charge, if your Teeth be Sound, Rub them with a fine Pumice-Stone, and they will be as white as Ivory.

152. **POUDER of VIOLETS:** Take the Roots of Florentine-Orrice one pound, yellow Saunders

ders five ounces, red Roses four ounces, Storax, and Benjamin, of each two ounces; Cyprus, tops of Marjoram, of each one ounce, *Lignum Rhodium* half an ounce; Cloves, Aromatick - Reed, and Flowers of Lavender, of each two drams; make all these into a gross powder, it is an excellent Perfume to put amongst Linnen, Silks, or any Apparel, &c.

153. **POUDER** against Jaundice. Take Crocus Martis prepared with Sulphur one ounce; the Leaves of Sena and Rhubarb, of each half an ounce; the best Cinamon, Salt of Wormwood, and Tamarisk, of each two drams, Saffron a dram; powder fine, and with a sufficient quantity of the Syrup of Mugwort, make an Electuary.

The Dose is from two Grains to seven, mixed with a little Vinegar, and made up into a Bolus, or mixed in White-Wine, or some proper Decoction, which take as often as occasion requires.

154. * **PRÆCIPITATES**: Some Mineral or Metallick substance being dissolved in any proper Menstruum, if the said substance be made to separate from it, either by weakning or altering the Menstruum, that which is so separated and falls down to the bottom, is called a *Præcipitate*; but Chymists and Physicians commonly give this Name by way of Emendancy to Mercury, dissolved in an Acid Menstruum; and afterwards precipitated to the bottom in a fine powder, by putting into the Dissolution some Foreign or Heterogene matter to the same, which according to the different Qualities of the precipitating matter, so many differing *Præcipitates* are produced; of which

these following are chief, viz.
1. *Præcipitatum album*, White *Præcipitate*. 2. *Præcipitatum Roseum*, Blush Color'd *Præcipitate*. 3. *Præcipitatum Rubrum*, Red *Præcipitate*. 4. *Præcipitatum Citrinum*, Orange Tawney *Præcipitate*. 5. *Præcipitatum Principis*, The Princes Powder. 6. *Præcipitatum Viride*, Green *Præcipitate*. 7. *Præcipitatum luteum*, vel *Turpethum Minerale*, Turbith Mineral; all which, with their several Preparations, Virtues and Uses, you may see at large in our *Pharmacopæia Londinensis*, and *Pharm. Bateana*, to which we refer you.

155. * **PRESERVED** Barberries: Boil them in Bunches in a Quart of Red Port Wine, till they are soft; strain the Water from them; take six pounds of D. L. S. and a quart of Water, which boil to a Syrup, put your scalded Barberries into it, and they will keep all the Year round.

156. * **PRESERVED** Black Cherries: Take a pound of them, (the Stalks pull'd off) boil in Sugar and Water, till they are thick like a pulp, then put in other Cherries with Stalks, putting half a pound of D. L. S. to every pound of Cherries; when the Sugar is boiled so as to Rope, take them off, let them cool, and then be kept for use.

157. **PRESERVED** Damasons, either Black or White: pick your Damasons, and cut them cross on the side; put them into your pan with their weight in Loaf-Sugar, and a little Water; set them over a slow Fire, and when your Sugar is melted, turn your Damasons gently, and boil them softly a little while, shaking them sometimes, and scumming them

them clean; set them by for one day, setting them on the Fire again, and let them be hot, so do for two days more, the third day boil them till you see they are enough, which you may know by dropping a drop of the Syrup upon a Plate, for when it Gellies they are done; put them into Glasses, and boil the Syrup a little more, and put it softly over them.

158. * **P R E S E R V E D** *Eringo-Roots*: Take two pounds of such as are fair and prepared for Preserving; boil them till tender, then peel off the outward Rind, without breaking them. Having lain a while in Water, put them into Sugar boil'd up to a Syrup, to every three quarters of a pound of Roots, a pound of Sugar; boil them a short time over a gentle Fire; take them off, let them cool, and put them up for your use.

159. * **P R E S E R V E D** *Green Pippins*: The greenest Pippins being pared and boiled in Water till they are very soft, then taken out and Cored, the Pulp is to be mixed with the Water; ten Pippins and two pounds of Sugar, being sufficient to boil up a Bottle of Water: When it has boiled to a thickness, put in the Pippins you intend to preserve; let them boil till they contract a Greener Colour, and then put them up for use. Thus Quinces, Wardens, Peaches, Plums, &c. may be preserved green and pleasant.

160. * **P R E S E R V E D** *Pears*: Take Pears not over ripe, and lay at the bottom of an Earthen Pan, a laying of Vine Leaves, and on them a laying of Pears,

and so do till the pot is full. To a pound of Pears, add half a pound of Sugar, and as much fair Water as will dissolve it over a gentle Fire; suffer them to boil till somewhat soft, then being cold, put them up for use.

161. * **P R E S E R V E D** *Wallnuts*: Take them before the Shells are hard, boil them in fair Water till they have lost their Bitterness; then put them into cold Water, and peel off their Rind; lay them in your Preserving-pan, with a layer of Sugar, equal to the weight of the Nuts, and as much Water as will wet it; boil them up over a gentle Fire, cool them, and boil them a second time, and being cold, put them up for use.

162. * **P R E V E N T I O N** *of Agues*. Take the Powder of Angelica-roots, Flowers of Antimony, of each half a dram; the best Canary three ounces: infuse them in a cold Place for forty eight Hours, and pour off the clear part for two Doses.

This is a singular good Vomit for the prevention or Cure of Agues of all sorts, being given in a Morning fasting, when an Ague is expected, or about four or six Hours before the coming of the Fit.

163. * **P R I N C E S** **P O U D E R**. Take red Precipitate one ounce, grind it upon a Porphyry to a subtil Powder, add to it two drams of Oil of Tartar per Deliquium, which digest together twenty four hours, grinding it a little now and then; upon this put Tartarised Spirit of Wine, to over-top it an Inch, and deffigrate it, which repeat twenty times, and it is done.

This is the true Receipt, as it came from the Prince's own Hand, and was

was communicated to Sir Francis Blundel, Baronet, of Kings County in Ireland, who purchased it of the Prince with a considerable Sum of Money. It is famous in Curing the French Pox, and all the Symptoms attending it, as also the Scurvy, Dropsie, Gout, Sciatica, Hypochondriack Melancholy, and most Chronick Diseases, which afflict the extremest Parts; and I have known it to be a Specifick against the Stone, Sand, Gravel, and all manner of Obstructions of the Reins and Bladder, doing that in those cases, which none of the Vulgar Nephriticks and Diureticks, could possibly perform. It is given in the Yolk of an Egg, Pap of an Apple, Conserve of Roses, Mithridate, &c. at Night going to Bed, from three grains to 10 or 12, according to the Age, Strength, and Malignity of the Disease: The Prince gave it to a dram, but in my Opinion that is a Dose vastly too great; where note, 1. That the Precipitate ought not to be ground dry; but with a mixture of a little Oil of Tartar, lest the Dust flying, it should offend the Eyes, Nose and Palate. 2. That this Powder is nothing but common Precipitate, corrected with Oil of Tartar, and Spirit of Wine, by which the Acid in the vulgar Precipitate is absorbed, &c.

164. * PRINCES Ginger-Bread: Take D. L. S. 6 pounds, choice Brandy a quart, or so much as may make a Syrup (by bare melting the Sugar in it) of the consistence or thickness of Grocers Treacle. Take Ginger in fine Powder 4 ounces, Coriander and Carraway-Seed in fine powder of each three ounces, Nutmegs in fine powder two ounces; Aniseed, Fennel Seed, Cloves, of each in fine powder one ounce, mix them well together in a

Mortar, which reserve, Take of the former Syrup a Quart, Glare of Eggs, viz. Whites of Eggs well beaten, half or three quarters of a pint; fine Wheat Flower three quarts; of the former Spicy Mixture 3 ounces; mix the Spice and the Flower together and them with the Glair of Eggs, which when well mixed, add the quart of Syrup, of which make a Paste, adding more Flower if need be, to make thereof a pretty stiff Paste; rowl it out into thin Cakes, and so Bake it. This will never grow moist nor clammy in handling.

165. * PROCATARCTICA: The Pre-existent Cause of a Disease which Co-operates with others that are subsequent, whether it be external or internal, as Anger, Passion, Heat of the Air, &c. which beget an ill Juice in the Blood, are the Causes of Diseases.

166. * PROEGUMENA. An Antecedent internal Cause of a Disease in the Body, occasioned by another, and so causing a Disease, that if it be taken away, the Disease may still continue, as a Plethora, or Discreasie of the Blood, and other Humours, occasioned by an ill way of Diet; whence proceeds Obstructions of the Viscera, Vessels, and Passages, and sometimes either a too great Laxity, or Constipation of the Entrails.

P U D D I N G S.

167. * ALAMOD Pudding: Take Beef - Suet cut indifferently small, a pound; Raisons of the Sun slit and stoned, Currants, of each half a pound; Fine Flower six spoonfuls,

fuls, six Eggs well beaten, one Nutmeg grated, a little Salt, mix and make a Pudding. Or in these proportions: Take Beef-Suet cut indifferently small a pound and quarter: Raisins of the Sun slit and stoned, largest Currants, of each 12 ounces: 7 Eggs well beaten, fine Flower 6 Spoonfuls, one Nutmeg Grated, and a little Salt: mix all well together, and make a Pudding. Let it boil 3 hours and a half.

168. * **ALMOND Pudding.** Take a quart of Cream, two Eggs which beat and strain into the Cream; grate in a Penny-Loaf and a Nutmeg, six Spoonfuls of Flower, Almonds beaten fine half a pound, mix them, and sweeten with D. L. S. then Flower the Bag or Cloth, and boil it: when boiled enough, melt Butter with a little Orange-Flower Water or D. R. W. and a little Canary, beaten thick together, which put upon the Pudding, and stick it with Blanched Almonds.

169. * **ALMOND Pudding.** Take two Loaves of white Bread which grate very fine, 4 Yolks of Eggs, half a pint of Cream, a quarter of a pound of blanched Almonds beaten very fine in a Mortar, with 2 or 3 Spoonfuls of Canary, or Orange-Flower Water; add Marrow and Beef-Suet cut small, a grated Nutmeg, and D. L. S. with which sweeten to your Taste: mix all well, tie it up in a Pudding-Cloth, and then boil it.

170. * **ALMOND Pudding in Guts:** Take Blanched Almonds a pound, beat them with Orange-Flower Water. Take 12 Eggs, with half their Whites well beaten, 4 Nutmegs grated, two pounds of Beef-suet fine shred, beat all well together, add eight

Penny-Loaves finely grated, a pound and half of Sugar, a pint of Cream, and half a pint of Orange-flower Water; all being well mixed together, fill the Guts therewith, but not too full, lest they should break. Dip the Guts in D. R. W. when you fill them, then boil them, but not too long. Where Note, That Beef-Marrow is better than Suet, if you can get it.

171. * **BARLEY Pudding.** Take half a pound of Mull'd Barly, half a pound of fine Wheat-Flower, a pound of large Currants, a pound of Beef-suet or Marrow shred small, a quarter of a pound of D. L. S. six Eggs well beaten, a Nutmeg grated, and as much Cream as will make it of a good Body. The Barly being first boil'd soft in Milk, mix it with all the other things, and then put it into a Cloth and boil it.

172. * **BLACK Pudding.** Take Oatmeal a pint, steep it all Night in Cream or New Milk a Gallon, or boil it to the thickness of a Pudding; add to it 2 pints of Grated Bread, and four Eggs, a little Salt, Cloves and Mace, some Peninroyal, Sage, Savory and Thyme, to which put a pint and half or Quart of Blood, strain'd into it through a Cloth or fine Sieve: if it be not soft enough, put in more Milk, and a pound and a half of Hog-Lard or Fat, cut into pretty large bits, Beef-suet shred 12 ounces: mix all together, fill the Guts, and give them one or two boils: take them up, and with a Pin, prick them, to give them Vent, then put them in again, and boil them till they are enough.

173. * **CHIC.**

173. * **CHICKEN, or PIGEON Pudding** : Take the Flesh of Rabbits or Capons, or Lamb or Veal two pounds, Beef-Marrow or Suet, or Veal Kidney Fat a pound; add Parsley, Marjoram, Savory, Thyme, season with a little Salt, Cloves, Mace and Nutmegs : Chop all very small on a Chopping-Board ; then put to it four spoonfuls of grated Bread, mixt with Cream and the Yolk of an Egg : mix all well together, and therewith fill the Bodies of Chickens or Pigeons, (not too full, lest they break in boiling) which boil in Milk and Water, with a Blade or two of Mace, a bunch of sweet Herbs, and a little Salt, make the Sauce with sweet Butter, and Juice of Oranges, which beat together.

174. **PUDDINGS BLACK** : Take warm Hogs Blood, put in some Salt ; when it is cold, put in gross Oatmeal well pick'd, after it hath stood a soaking all Night, put in Thyme, Penniroyal, and Savory minced small, alter the hardness and redness of the Blood, with some Cream, beat in some Eggs, and season it with Cloves, Mace, Pepper, and put in good store of Beef or Hogs-suet, in pretty big Lumps.

175. **P U D D I N G, another** : Take a pint of Milk, eight Eggs, four Whites, a little Salt, some Sugar, a spoonful of Flower, a little grated Nutmeg, beat it all very well together, butter the Cloth well, so tye it up, and boil it half an hour : Butter, Rose-water, and Sugar for the Sauce.

176. * **CALVES-FOOT Pudding** : Calves-Foot being boiled very tender, when cold, cut the Meat off, and mince it very

small : slice a Penny-Loaf, and scald a pint of Cream ; shred 6 ounces of Beef-suet small, five Yolks of Eggs, and two Whites, well beaten, a pound of large Currants, season with Salt, add Sugar to your liking, and a Grated Nutmeg : Fold a Cawl of Veal like a sheet of Paper, leaving one end open ; fill it with the foregoing mixture, to which you may add a good quantity of Beef-Marrow ; sew up the Cawl, and boil it almost two Hours : then take it up, and lay it on Sippets, with Verjuice, Butter and Sugar ; and stick it with Blanch-ed Almonds, Orange and Citron-peel.

177. * **CABBAGE Pudding** : Take half a pound of Veal, two pounds of Beef-suet ; shred them small together, grate 2 Nutmegs with a pretty quantity of Pepper and Salt. Take Cabbage half boiled as much as will lye on a large Sauticer, seven Eggs beaten very well ; mix all together, put it in a Cloth, and boil it well.

178. * **CARROT, or Red Beet-Pudding** : Take a large Red Carrot, or in place thereof a large Red Beet-Root ; which boil tender ; being cold, rub it in a Hair Sieve ; add to it half a pound of melted Butter beaten with 8 Eggs, and but 4 of their Whites, with 3 or 4 spoonfuls of Canary, half a pint of choice Cream and grated Bread ; a grated Nutmeg and a little Salt : Make it of the thickness of the Orange-Pudding, and give it the same baking ; sweeten with D. L. S. to your liking ; lay it in Puff-paste, and grate Sugar over it.

179. **EXCELLENT Pudding** : Take a Quart of Cream, boil it with two Manchets sliced in ; add

add one Nutmeg grated, six Yolks and four Whites of Eggs well beaten; which mix with your boiled Cream and Bread, beating them together for near half an Hour; add Beef-suet cut small a pound, D. L. S. half a pound, and a little Salt; bake it 3 quarters of an Hour in a quick Oven, or if you please you may boil it:

180. * *GRATEFUL Pudding.* Take a Penny White Loaf or two, (the Crust pared off) sliced thin into a Dish to a quart of Cream: set it over a Chaffing-dish of Charcole till the Bread grows dryish, put in a piece of sweet Butter, take it off, let it be cold; beat 4 Yolks and one or two Whites with a little D. R. W. and Sugar to your Palate together, which add to the former with a grated Nutmeg: Put all (being well mixed) into another Dish, and so bake it. When out of the Oven, let D. L. S. be grated over it.

181. * *GRATEFUL Pudding.* Take grated white Bread, fine Flower, of each a like quantity; four Yolks, and two Whites of Eggs well beaten, and a good quantity of Sugar dissolved in so much Cream as may make it the thickness of Pancake Batter: Add large Currants, Raisons of the Sun slit and stoned; of each half a pound, or according to the quantity of your Pudding. Butter the Dish well it is to be baked in; bake it half an hour, and strow over it D. L. S. grated.

182. * *GRATEFUL Pudding.* Take a quart of Cream, grate in to it two Manchets; add to it seven Eggs well beaten, a pound of Beef-suet cut small, a pound of large Currants; season it with

Sugar, a Nutmeg grated, and D. R. W. mix all well together. Butter the Dish, and bake it not too much; grate over it fine Sugar.

183. * *GREEN Pudding.* Take boil'd Mutton minc'd small, Beef-suet shredded, of each a pound; grated Bread a pound and half, four Yolks and two Whites well beaten, and Cream a sufficient quantity; add half a pint of Juice of Spinage, and a handful of Parsley cut small; season with a little Salt, sugar to your Palate, a pound of Currants, with a grated Nutmeg; add a little Flower to bind it, mix all well together, and rowl it up in a Sheep's Cawl, bake it, and so serve it.

184. * *HASTY Pudding.* Take a pint or more of Milk or Cream, half a pound of grated Bread, four spoonfuls of Flower, half a pound of Butter; mix and warm it over the Fire so as to melt the Butter; add large Currants, Raisons of the Sun slit and stoned, of each half a pound, and one Nutmeg grated; let it boil a quarter of an hour, stirring it all the while, and dish it with pieces of Butter laid up and down upon it.

185. * *ITALIAN Pudding.* Take a pint of Cream, ten Eggs well beaten, a Penny White Loaf grated, one grated Nutmeg: mix them, butter the bottom of the Dish, and lay upon it 12 Pippins cut in Slices, and a little Orange-peel, and over that some fine Sugar, and half a pint of Red-Port Wine. Put in your Pudding, lay Puff Paste over it, and so bake it, which will be done in about half an hour; lay also Paste round the sides of the Dish.

186. * **LITTLE Puddings.**

Take a handful of grated Bread, a spoonful of Flower, Yolks of two Eggs, a spoonful of Orange Flower Water, a handful of Beef-suet shred, a little grated Nutmeg, a spoonful of Cheese-Curds, and a little Salt; work all well together, wet it as little as you can, and make it up with Cream; lay it in round Balls in the bottom of your Dish, which must be well butter'd, and so bake them, but not too much. When baked, put them in another Dish, with a little Canary, melted Butter and Sugar, beaten together.

187. * **LIVER Pudding.**

Boil a Hogs Liver, dry it in an Oven (after the Bread is out) so as it may be grated, which pass thro' a coarse Sieve; of which take a pound, grated Bread two pounds, large Currants two pounds, Beef-suet cut small, and put thro' a Sieve, four pounds, Spice (made of Cinamon, Cloves, Mace, Nutmegs) two ounces, four grains of Ambergrise in fine Pouder; mix all together, as for a Minc'd-Pye, and put into 3 pints of boil'd Cream, or New Milk, and 12 Eggs beaten with 6 or 7 spoonfuls of Orange Flower Water, and a little Salt; mix all well together, and so either bake or boil it. Where note, that you may, if you please, put in, instead of the grated Bread, as much Rice, boild to a Pap in Mi k.

188. * **MARROW Pudding.**

Boil a quart of Cream with a Blade or two of Mace: when cold, add to it ten Yolks and five Whites of Eggs well beaten together; cut in slices a penny White Loaf, and lay a Layer of

Marrow and Raisons of the Sun slit and stoned; and thus do till the whole Loaf, and 3 quarters of a pound of Marrow, and as many Raisons, are laid in. Sweeten the Cream and Eggs with D. L. S. and put into it two spoonfuls of Orange Flower Water; pour all this over the Bread, Marrow and Raisons, a Puff Paste being first laid in the bottom, and round the Sides of the Dish; so bake it.

189. **PUDDING of Marrow**

baked: Let your Dish be indifferent deep, on the bottom whereof lay Sippets of White Bread, and on that lay raw Marrow all over, with Dates, Raisons of the Sun, Orangado; and having ready some Cream mixed with the Yolks of Eggs, lay thereon a Ladleful or two thereof, Marrow upon that, upon your Marrow make another lay of Dates, Raisons, &c. and then a lay of Cream; continue so doing till you have fill'd up your Dish, garnish the brim of your Dish with Paste, set in the Oven half an hour, and it will be enough. You must boil your Cream with whole Cinamon, and large Mace, and season it with Rose-water, Sugar, and grated Nutmeg; let it cool, and then put in the Eggs.

190. **PUDDING of Oatmeal.**

Take the biggest Oatmeal and steep it in warm Cream one Night, put in some sweet Herbs minced small, the Yolks of Eggs, Sugar, Spice, Rose-water, and a little Salt; with some Marrow; then butter a Cloth, and boil it well, serve it in with Rose-water, Butter, and Sugar.

191. * **OATMEAL Pudding.**

Take a pint of fine Oatmeal, boil

boil it either in New Milk, or Cream, to the thickness of a Hasty-Pudding; add Rice a quarter of a pound boil'd soft in Milk; stir it into 3 quarters of a pound of sweet Butter, and eight Yolks, with four Whites of Eggs beaten together, and fix spoonfuls of Canary, one grated Nutmeg, some beaten Mace, and some Cinamon. Put it into a Dish, whose bottom and sides are lined with Puff-paste, which bake, but not too much.

192. * *ORANGE Pudding.* Mince the Peel of a large China Orange very small, and beat it in a Mortar. Take the Yolks of 16 Eggs, beat with a little *D. R. W.* put to it almost 3 quarters of a pound of *D. L. S.* and as much melted Butter, add a grated Nutmeg, and season with a little Salt, put it in a Dish lined with Puff Paste, and cover it also with Puff Paste, and so bake it.

193. * *ORANGE Pudding.* Squeeze out the Juice of two Sevil Oranges, and take off some of the yellow, or outside of the Peel, which lay in Water three Days, shifting the Water every Day; boil them in Water, then beat them in a Mortar to a Paste. Take eight Yolks of Eggs and four Whites, beat them well; add to them a pint of Cream, and half a dozen spoonfuls of Canary; grate in a half penny or penny Mauchet, add 3 quarters of a pound of *D. L. S.* or sweeten it to your Taste: mix all together, and stir in with it half a pound of melted sweet Butter, which put into a Dish with Puff-paste on the bottom and sides, and so bake it; which will require no more baking than a Custard.

194. * *PIPPIN Pudding.* Take 12 Pippins boiled tender, scrape them clean from the Cores, and put to them a pint of sweet Cream, with some *D. R. W.* or Orange-Flower Water; add *D. L. S.* to your Taste, put it into a Dish lined on the bottom and sides with Puff-paste, and bake it in a slack Oven, and grate over it *D. L. S.*

195. * *RICE Pudding.* Take half a pound of Rice, boiled in New Milk till it is soft; cover it close, and let it be cold: Take 10 Yolks and five Whites of Eggs, with four spoonfuls of Canary, or Orange-Flower Water, which beat well together; add a pint of Cream and *D. L. S.* to your Palate, a pound of melted fresh Butter, one Nutmeg grated, and as much Mace powder'd: mix altogether with the Rice, with near a pound of large Currants, which plump before they are put in: Put it into a Dish lined on the bottom and sides with Puff-paste, and strew over the top a quarter of a pound or more of choice Beef-suet shred very small; bake it, and then serve it, *D. L. S.* strewed over its top.

196. * *RICE PUDDING to bake.* Take three pints or more of Milk, and put therein half a pound of Rice, washed clean and pickt; set them over the Fire; and let them warm together, and often stir them with a wooden Spoon, because that will not scrape too hard at the bottom, to make it burn; let it boil till it be very thick; take it off, and let it cool; put in a little Salt, some Cloves, Mace and Nutmeg; beat three quarters of a pound of Currants, one pound

of Beef-suet finely shred, four Eggs beaten, two ounces of Candied Orange-peel cut in little thin bits, six spoonfuls of D.R.W. and white Sugar to your taste; then butter your Dish, and so bake it three quarters of an hour.

197. **PUDDING of Sweet Herbs.** Steep a Penny white Loaf in a quart of Cream, and eight Yolks of Eggs, some Currans, Sugar, beaten Cloves, Mace, and Dates, with the Juice of Spinage; add Cinnamon and Nutmeg, Sweet-Marjoram, Thyme, Savory, Penny-royal, minced very small, and some Beef-suet, or Marrow.

These Puddings are excellent for stuffing of roast or boiled Poultry, Kid, Lamb, Veal, or Breast of Mutton.

198. * **WHITE Puddings.** Beat half a pound of blanched Almonds with D. R. W. very fine: Take Beef Marrow, or as much Ox-Pith out of the Skin, a quart of boiled Cream, with some of which beat the Ox-Pith and Almonds for a while; Put in two grated Nutmegs, and two grated Naples-Biskets, a grain of Musk, and two of Ambergrise in fine Powder mix'd together, and ground with some Sugar; 10 Yolks with four Whites, a pound of Marrow cut pretty big, a pound of D. L. S. and some Candied Citron-peel cut very small. All being mix'd together, boil them in a Pudding Cloth, and then eat it either hot or cold.

199 * **WHITE Puddings.** Take a quart of boil'd Cream, put to it Naples-Bisket crumbled, a pound, a penny Manchet grated, a pound of Almonds blanch-

ed, beaten small, with two or three spoonfuls of D. R. W. eight Yolks with four Whites of Eggs, some beaten Nutmeg and Mace, a pound of Beef-Marrow, half of it cut small, the other half in larger Pieces, to put in as you fill them; cut in some Citron-peels, and add a few Grains of Ambergrise, with a little Salt; fill the Guts, but not too full, sweeten with D. L. S. *Note*, that *Bullocks Guts* are best for this use.

200. * **WHITE Puddings.** Take a quart of the thickest Cream, eight Yolks of Eggs, with four Whites well beaten together; two penny Loaves grated, two pounds of Currants, a pound of Raisins stoned and quartered, and D. L. S. in Powder half a pound; the lean of a Leg of Pork chopt small a pound, Hogs fat cut into square little bits, a pound and half; season it with Salt, and Cloves, Mace and Nutmegs in Powder an ounce; mix all well together, and stuff the smaller Guts with this mixture; then put them into boiling Water, and boil for an hour with an equal Fire. *Note*, that at any time when you heat them, let the Water boil before you put them in.

201. * **WHITE Puddings.** Take a pint of Cream, slice thin into it a penny Loaf at Night; the next Morning break it with a Spoon: put to it four Yolks and two Whites of Eggs beaten, half a pound of Marrow cut into little pieces, half a pound of the best Beef-suet shred very small, D. L. S. in Powder half a pound, one grated Nutmeg, and as much Cinnamon in Powder, two or three Spoonfuls of Canary, and

and as much *D. R. W.* Fill the Guts therewith, and boil on a gentle Fire, not pricking them in the boiling.

202. * **WHITE Puddings.**

Boil a pound of *Carolina Rice* in a quart of Milk, till the Rice is very soft: and the Milk thick; add to it 3 pints of Cream, boil again; put to it a pound of large Currants, boil up just to plump them, put 3 quarters of a pound of Beef-suet shred small, 6 Yolks and 2 Whites of Eggs; half a pound of *D. L. S.* in Powder, 4 or 5 Spoonfuls of *D. R. W.* and Cinamon and Nutmeg in Powder, of each a quarter of an ounce; mix; and fill the Guts, &c.

203. * **PUFF-PASTE.**

Take 3 great handfuls of Flower dried, put to it two Whites of Eggs beaten, and a quarter of a pound of Butter, wet it with cold Water: Take 3 quarters of a pound of Butter, divide it into 3 Parts; rowl the Paste abroad, and stick on it a quarter of a pound of Butter in little bits, all over it, so fold it up again and flower it: then rowl it abroad again; and do so three times, till the Butter is done: Butter the brims of a dish, and lay the Paste thereon; put it presently into the Oven, and let it bake almost an hour. This quantity is but enough for the brims of a Dish; if you would have enough to cover it all over, you must make a double or treble quantity.

204. * **PUFF-PASTE**

White. Take a pound of fine Flower, 3 Whites of Eggs beaten up; and with cold Water make it into Balls: rowl in it a pound of Butter, at 5 or 6 times rowling. This is fit for Taffata

Tarts, Cheese-cakes, &c. In the Winter time beat your Butter to make it work; but in the Summer keep it as cool as you can.

205. **PUFF-PASTE**

for Flaking. Take two quarts of Flower, four Eggs, beat them to Snow; then make it into a Paste with cold Water, roul in a pound and half of Butter at three, four or five times.

206. **PUFFS of Apples.**

Take any Apple that is not hard or harsh of Taste, mince it with a few Raisins of the Sun stoned, wet them with Eggs, and beat them together with the back of a Spoon, season them with Nutmeg, Rose-Water, Sugar, and Ginger, drop them in a Frying-pan with a Spoon into hot Butter, fry them, and serve them in, with the Juice of an Orange, and a little Sugar and Butter.

207. **PUFF-PASTE.**

Another. Take a quart of the finest Flower, the Whites of three Eggs, the Yolks of two, a little cold Water, make it into a perfect Paste, roul it abroad thin, lay on little Bits of Butter, and fold it over again; make it broad again and lay on more Butter, and fold it over, and do so five times, then make it up for use.

208. **PULLET.**

A right Pullet has a smooth Leg, a smooth Brest, and will pinch tender upon the Brest of it, and if she be full of Eggs, she will be open in the Vent, and soft in the Belly; but if not she will be hard in the Vent, and small vented.

209. * **PULMONARIA.**

Arteria, or Vena Arteriosa. It is a Vessel arising immediately out of the right Ventricle of the Heart. Its Mouth is not so large,

as that of the Cava: It has three Valves, called *Sigmoidales*, or *Semilunares*. Its use is to carry the Blood from the right Ventricle of the Heart into the Lungs, and its Coat is double, like that of the *Arteries*.

210. * **PULMONARIA**
Vena, or *Arteria Venosa*. It is a Vessel of the Heart, which discharges it self thro' the Left Atricle into the Left Ventricle: For after it has accompanied the Wind-pipe, and *Arteria Pulmonaris*, in all their Ramifications or Branchings thro' the Lungs; and by its small Twigs has received the Blood out of the Artery; all those Twigs are united, first into two Trunks (*viz.* the Right and the Left) afterwards into one, which opens into the Left Ventricle of the Heart. This Vein has no Valve in it, except that at its opening into the Left Ventricle, where at its Orifice are placed two Membranous Valves, called *Mitrales* from their Form, resembling when joined something of a Mitre. These are very strong and firm, to sustain the violent Motion of the Blood, and to hinder it from returning back again into this Vein, and to direct its Course to the *Aorta* whose Orifice opens in the *Systole* of the Ventricle.

211. * **PULTICE** for Aches.
Take White Wine a quart; Wheat-Flower so much as by boiling may make it of the thickness of a Hasty-Pudding; add to it a quarter of a pound of a mixture of equal Parts of Oil of Ben, and Bissam of Peru, which work together very well; add to it the Whites of four Eggs well beaten, which mix with the former, by working them wel-

in with your Hand till it becomes like to Dough. When you use it, beat it with a little Oil of Ben very well, spread it hot upon a Cloth or Leather pretty thick, and apply it very warm. It eases Pains and Aches, digests and cleanses old Sores and Ulcers, and induces their healing.

212. * **PULTICE** for the Eyes and Face much swell'd or pained with Cold or ill Humours. Take the Crumbs of White-bread, which soak in new Milk; being well soaked, take them out, add to it the Pap of a large roasted Pippin, and two Yolks of Eggs; beat them well together with an ounce of Oil of Ben; spread it Plaisterwise upon thick Cloth, or Leather, and apply it cold on the Place griev'd; which repeat as often as need requires.

213. * **PULVERIZATION**. It is the reducing any Body to a fine Pouder; which is done in friable Things, by beating them in a Mortar: But such as will spread under the Hammer as Skins, Metals, must be done by exceedingly drying them, and then beating, &c. or by Calcination: But Tin and Lead have also another way of Pulverization thus. Get a round Wooden Box, which rub well all over within with Chalk; then melt the Metal, and pouring a little of it nimbly into the Box, shut the Lid, and shake the Box quick and strongly, so will the Metal be reduced by it into a Pouder. This is a very useful thing to know, tho' it be plain and easy, because by this means these Metals are render'd fit for several Operations, both in Chymistry and Physick, making of Ointments,

ments, Emplasters, &c. and will easily be mixed with Salts or other things.

214. *PULVIS FULMINANS: *The Thundering Powder.* Take Common Nitre 3 parts, Salt of Tartar two parts, Sulphur one part, all finely powdered, mix them together, and keep them in a Glass close stoppt. Half a dram, or a dram of this mixture, put upon a Fire Shovel, over a gentle Fire, will in about half a quarter of an hour, melt and kindle, and then go off with a Terrible Noise, as great as that of a Musket, and yet without danger to any Person in the Room, for its Force is chiefly downwards. The reason seems to be, because the fixt Salt of Tartar does as it were so lock up the Spirits of Sulphur and Nitre, that they cannot get loose without breaking their Chains, which when the Fire has assisted them to do, they do it with very great Violence and Noise.

215. PUNCH for CHAMBER-MAIDS: Take two Quarts of Water, half a pint of Lime-Juice; the Juice of a Limon and a four Orange squeez'd in; also three quarters of a pound of *D. L. S.* mix these altogether, and strain it through a fine Strainer; so do three times till it be very clear: Then put to it a quart of Brandy (and a pint of White-Wine if you please) and so proportionable for any quantity. If you put in a pint of White-Wine, there must be above two quarts of Water, and more Sugar in proportion to that addition.

216. *PUNCH ORTHODOX, or ROYAL: Take choice Brandy a quart or three pints, pure Spring-

Water a quart; choice Lime-Juice a pint, *D. L. S.* a pound, mix and dissolve. This Composition is a Noble Cordial, and exceeds all other Punch whatsoever; and notwithstanding its Strength, affects not the Head so much as the smaller kinds of Punch do: for the Lime-Juice in this, being about 4 times as much as in the same quantity of small Punch, it more powerfully affects the Volatile Spirits of the Brandy, chaining them as it were down (so as it does by being mixed with *Spirit of Sal Armoniac*) for which reason, it is more Grateful and Comfortable to the Stomach, nor can so easily ascend into the Head, and cause Intoxications, as the small Punch does.

217. *PURSLANE: It is a Sallet Herb, propagated in hot Beds, if Sown early in the Spring; but if in *April*, it will thrive in any Rich Soil well drest. If Sown thin, or Transplanted asunder, 'twill grow fair and large, as for Seed, so either to Pickle, Boil, or eat raw, with Cresses, Onions, Shalots, Taragon, &c. The *Golden Purslane* is now accounted the best, being eminently cooling, moist, subacid, quenching Thirst, and exciting the Appetite; a true Entertainment for Hot and Cholerick Tempers or Constitutions. It cures Fevers of all sorts, heat and scalding of the Urine, and the running of the Reins. It is good against Inflammations of the Mouth and Tonsils, and cures the Bloody-Flux, and Overflowing of the Terms in Women. It cures a Cough, and shortness of Breath, and is an excellent thing to cool the heat of the Stomach.

The *Green Purslane*, and the *Golden*, are much alike good.

218. *PURSLANE to Pickle*: Take the Leaves from the Stalks, and take the pot you mean to keep them in, and strow Salt over the bottom, lay in a good row of the Leaves, and strow on more Salt; then lay in a Row of the Stalks, and put in more Salt, then a row of the Leaves, so keep it close covered.

219. * *PUSTULÆ, Pustules or Pimples*: They proceed from the Recrements of the Blood, protruded into the Skin, and for want of Perspiration, or the matter being too Viscous, it sticks in the *Cutis*, and causes an unequal Surface. If they have been of long standing, neither Vomiting nor Purging will Cure them, tho' it may help to divert the Humour in some measure another way; but the only remedy yet found, is the application of Vescicatories, several times to be repeated, as the Stubbornness and inveteracy of the matter may require.

P Y E S.

220. * *ARTICHOAK Pye*: Take the clear bottoms of well boil'd Artichocks, add a little beaten Mace, and a good quantity of Butter; lay a Layer of it on the bottom, then a Layer of Artichocks, sprinkle them with a little Salt, and strew D. L. S. over them, and put in Marrow chopt small, roul'd up in Yolks of Eggs; add a few Gooseberries or Grapes, laying on also Blade Mace, and Dates stoned and cut in pieces, Yolks of hard Eggs, Suckets, Lettice Stalks, and

Citron-peel. Cover it with Butter, and when baked, put in scalded White-Wine, and shake it together.

221. * *CARP-PYE*. Take two Carps or Tenches, and a great Eel; bone them: Take a good quantity of Grated White Bread, 6 Yolks of hard Eggs, and a few sweet Herbs, 3 or 4 Anchovies, and a handful of fat Oysters: Chop all very small, and season pretty high with Salt and Pepper, Cloves, Mace, Nutmegs, and a little Ginger, with half a pound of Butter: Work all together as you do Paste; cut your Carp into 3 or 4 pieces, and fill their Bellies with Forc'd Meat, and season them with Herbs and Spice, so put them into the Pye, and the void places fill with Oysters, close it up, and let it bake for an hour: When taken out of the Oven, beat 4 Eggs very well, put them in, give it a shake or two, and serve it.

222. * *CALVES-FOOT Pye*: Take the Meat of Calves Feet boiled tender, lay a Layer of Butter in the bottom of the Pye, and a Layer of Calves-Foot; then a Layer of Raisins of the Sun sit in two and stoned; Currants in proportion, with Candied Lemon, Orange and Citron-peels cut into thin slices, a little beaten Cloves, Mace and Nutmegs, and D. L. S. to your Palate, with a little Salt: mix all these together, and lay a Layer of them till it is all laid out: Boil 6 Eggs hard, take their Yolks, and cut them into pieces, strew them on top with a Layer of Butter: Bake it in a gentle Oven, and then serve it up.

223. * *CHICKEN-PYE*: Boil young Chickens in half Milk half Wa-

Water, strip off their Skins (if you please) Butter your Dish, put Puff-paste at bottom and round it, then a Layer of Butter, a Layer of all sorts of Sweet-Meats wet and dry, and upon them your Chickens trust up with their Head on: season with Salt, Cloves, Mace, and Nutmeg, adding D. L. S. to your Palate. Rowl up their Seasoning with a good piece of Butter, which put into their Bellies, when you lay them into the Pye, and then a good Layer of Butter over them, with Sweet Meats. Lay on a Lid made of Puff-paste, and so bake it, which will be done in an hour, in an Oven not too hot, lest it looses its color. When taken out, pour on it whilst hot, into the hole through a Funnel, this Liquor. Take White-port half a pint, which boil with a Blade or two of Mace, and slices of Nutmeg; take it off the Fire, and add two Yolks of Eggs well beaten with a Spoonful of Sugar, and a piece of Butter rowled up in Flower, giving it when in the Pye, 2 or 3 shakes.

224. * CHICKEN - PYE, *Savory*: If for a Savory-Pye, put in Mushrooms in stead of Sweet-Meats, with Artichoke bottoms, Cocks-Combs, Véal Sweet-breads, parboil'd and pull'd in pieces: Make good Puff - paste for the Patty-pan, lay a Layer of these things with Force'd Meat-Balls, and a Layer of Chickens, season'd with Salt, Pepper and Spice, with a bit of Butter in their Bellies, rowl'd up in the seasoning; and cover the top with Butter (with Gooseberries and ripe Currants if in season) and Puff paste over all: Bake it, and when drawn, put into it the same

Liquor as in the former, the Sugar left out of it. The *Force'd Meat-Balls*, are those described *Let. F. Numb. 59.*

225. * EGG - PYE. Take the Yolks of 16 Eggs boiled hard, cut them small, put to them 3 or 4 Spoonfuls of Orange-Flower Water, and six Spoonfuls of Canary: season with a little Salt, Cloves, Mace and Nutmegs, adding D. L. S. to your Taste: Lay a Layer of wet and dry Sweet-Meats; melt a pound and a quarter of Butter, which beat with half a pint of Cream: mix all these Ingredients together, put them into the Pye and bake it; when drawn, scald some White-port, and beat it with the Yolk of an Egg or two, Sugar and grated Nutmeg, and pour it into it, giving it a shake or two.

226. * HARE - PYE: Take a Hare, dress it, take one half of it, which mince with Bacon, Savory, Thyme, and Sweet Marjoram: season with Salt, Pepper, Cloves, Mace and Nutmeg: the other part season as you did the former: work the minced part with one or two Yolks of Eggs, and lay it about the unminced part of your Hare; fill it up with sweet Butter, cover it, but bake it not too much; when it is baked, put in half a pint of strong Gravy, and then give it two or three shakes.

227. * LAMB-PYE: Take the Meat of a Leg of Lamb from the Bones, mince it small, with a good quantity of sweet Herbs, two pounds of large Currants, some Salt, and two grated Nutmegs, or season it to your taste: mix it with 3 or 4 Yolks of Eggs beat up with Canary or White-Wine, which put into the Pye:

On the top lay Fruit or Sweet-Meats, bake it, but not too much: when bak'd, cut it up, and put in Verjuice and Sugar, or White-port boiled, then lay on the Lid.

228. * LAMB-PYE *Excellent*: Cut a Leg of Lamb in thin slices, season it with Salt, Cloves, Mace and Nutmegs, with a little Pepper; add Sugar to your liking: lay it in your Crust, and lay on it and between it, Raisons of the Sun stoned, and some Currants, with a few Skirrets boil'd and blanch'd, half a pound of Beef-Marrow, Dates sliced, Candied Citron and Limon-peel sliced, or cut into bits; Candied Lettice, preserved Barberries, and some Blades of Mace, and over it a pound of sweet Butter; close the Pye, and bake it, when drawn, put into it a mixture of White-Wine, Verjuice and Sugar, beaten up with the Yolks of 3 or 4 Eggs, set on the Fire, and stir it till it begins to grow thick; put it in, and shake it together, strewing over it D. L. S. in fine powder.

229. * LAMB-PYE: A Leg of Lamb being cut into thin slices, season it with Salt, Pepper, Cloves, Mace and Nutmeg; lay it in your Crust, put over it a pound and half of large Currants, half a pound of Raisons slit in two and stoned, large Mace, and a pound of Butter; close your Pye, and bake it.

230. * LUMBER-PYE: Parboil the Humbles of a Deer, free them from their Fat, put to it as much Beef-suet, or half as much more as Meat; mince all together very small, Season with Salt, Cinamon, Cloves, Mace and Nutmeg; half a pound of Sugar,

4 pounds of large Currants, a pint of Canary, a little D. R. W. half a pound of Candied Citron, Limon and Orange-peel, Dates stoned and sliced; fill your pye and close it; when baked, put into it 3 quarters of a pint of Canary.

231. * PORK-PYE: Take the Pork you intend, skin it, cut it into Stakes; season it pretty well with Salt, beaten Pepper and sliced Nutmegs; add to it Pippins cut into small bits two pounds, D. L. S. in fine powder half a pound, with half a pint or more of White-port; cover it all over with Butter, close its Lid on, and bake it.

232. * POTATO PYE: The Potatoes being boiled and peeled, lay them in Crust with their equal weight of Beef-Marrow, some whole Mace, Candied Citron and Orange-peels: cover it with Butter, and when bak'd as it comes out of the Oven, put into it a sufficient quantity of boil'd white Port and D. L. S. giving it a shake or two.

233. PULLET-PYE, the French way: Take Fat Pullets and truss them, break their Bones, lard them with the thick slips of Bacon, season them with Sweet Herbs, Parsley, young Onions and Spice; lay them in a Pye made of ordinary Paste, with fresh Butter, thin slices of Bacon, a Bay-Leaf or two, and let the Pye bake two or three Hours, according to the heat of the Oven.

Pyes of Young Turkeys, Ducks, Partridges, Pheasants, Woodcocks, large Rabbits, young Rabbits, Green-Geese, Teals, and others are usually made after the same manner.

234. **PIGEON PYE**, the French way: Take good Pigeons, let them be well scalded; take melted Lard Marrow, Veal Sweet-Breads cut into halves, Artichoke bottoms cut into quarters, and a whole one to be set in the middle with Capons-Livers, Coxcombs well pick'd, Mushrooms cut into square pieces; let all be stew'd well in a Pan with a little Flower, and well season'd; in the mean while let your Paste be made of an Egg, Butter and Water; lay some of the Paste into a Pye-pan, then pour in some melted Butter, moderately hot, let the Pigeons be well moistned, and laid in order with the Artichoke bottom in the middle, the Mushrooms and Veal Sweet-Breads in the Intervals afterward; let the rest of the Sauce be put in; cover your Pye, and make a Border round about of Puff-paste; when it is ready to be serv'd up, pour in some white thickning-Sawce.

235. * **SALMON-PYE**: Lay Puff-paste on the bottom and sides of your Patty-pan; take the middle pieces of the Salmon, cut it into three pieces, season it

high with Salt and Pepper, Cloves, Mace and Nutmeg; put a layer of Butter, and a layer of Salmon till it is all laid out: make Forced Meat of an Eel chopt fine with the Yolks of hard Eggs, and 3 Anchovies, Marrow, sweet Herbs, grated Bread, and a few Oysters if you have them: Lay them round your Pye, and on the top, season them with Salt and Pepper, and other Spices as you please, close on the Lid, and so bake it.

236. * **VEAL-PYE**: Take Veal parboil'd, or half roasted, cut it small with its equal weight of Beef-suet, and some Sweet Herbs; sweeten with Sugar, if you like it, adding Cinamon, Cloves, Mace and Nutmegs; beat as many Eggs as will wet it all, which form into Balls, or the fashion of Eggs, sticking a sliced Date in the middle of each; lay them in a Pye, and put over them a proportional quantity of large Currants, and Raisins of the Sun. Cover and bake it: a little before you draw it, add White-Port boil'd, D. L. S. in powder, and a sufficient quantity of Butter, giving it a shake or two.

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1. **Q**UAILS to Roast : Truss them, chop some Sweet Herbs and Beef-suet together, and put into their Bellies, put them on a small Spit, and at the first heating baste them with Salt and Water, after that with Butter, and dredge it with Flower : make Sawce with Gravy, in some of which an Anchovey or two has been dissolved, as also a sliced Shalot or two boiled ; squeeze in the Juice of two or three Oranges and Limons, and Garnish with Limon-peel, and some grated Manchet, and serve them up as hot as they can be got from the Fire.

2. **QUAKING - PUDDING :** Take New Cream a quart, blanched Almonds half a pound ; beat the Almonds very finely, boil them in the Cream, and strain them : put in a Blade or two of Mace, and season it with *D. R. W.* and *D. L. S.* take five Whites of Eggs, beaten up with Ponder of Cinamon, and two or three spoonfuls of fine Flower, put in what was left in the Strainer ; so make it into a thickness and boil it ; serve it up with Sugar, *D. R. W.* and Butter.

3. **QUAKING - PUDDING :** Take a pint and half of Cream, boil it with a little Ginger and

Nutmeg ; then take half a pound of Almonds blanched, and beat them fine with a spoonful of Cream, eight Yolks, four Whites of Eggs beaten with two spoonfuls of *D. R. W.* three spoonfuls of fine Flower, a quarter of a pound of *D. L. S.* mingle all these well with the Cream, after it is boil'd and cool again, then strain them through a Strainer, and take a double Napkin, and spread it with Butter ; tie it stiff, and boil it one hour, send it up with Butter beaten up with Sack and Sugar, stick it with Orange-Chips.

4. * **QUAKING - PUDDING :** Take a quart of Cream, 12 Eggs beaten with a spoonful of Flower and grated Bread, as thick as for Rice Custards ; season with a little Salt, Nutmeg, and *D. L. S.* to liking ; butter the Cloth very thick, or else it will run out, and let the pot boil before you put it in. A Pudding of a quart must boil two hours ; if but a pint, one hour.

5. * **QUAKING - ALMOND PUDDING :** Take a pint of boiled Cream, strew it over with Almonds beaten with *D. R. W.* four Yolks and two Whites of Eggs ; strain the Cream, Eggs and Almonds together ; sweeten with *D. L. S.* and thicken with grated Bread or beaten Bisket. Rub the

the Cloth with Flower, tye it up, and dip it in *D. R. W.* or fair Water or Milk; boil it, and then eat it with Butter, White-Port, and *D. L. S.* in fine Powder: stick it with Blanched Almonds.

6. * **QUAKING - PUDDING:** Take a quart of very thick Cream, 16 Yolks and 4 Whites of Eggs; beat them very well with a little *D. R. W.* add a grated Nutmeg and *D. L. S.* to your liking; put it into a Cloth or Bag well Flowered; tye it fast, and put it into a Boiling pot, keep it continually boiling, and when boil'd enough, turn it out; eat it with melted Butter mixt with Canary and *D. L. S.* to your Palate, with Citron, Limon and Orange peels Candied, and Almonds blanched, all cut thin, and strewed over it.

7. * **QUAKING - PUDDING with Almonds:** Take half a pound of blanched Almonds, grind them in a Mortar with some Cream, and so strain them; to which put of sweet thick Cream a quart, add a little *D. R. W.* and *D. L. S.* to your Taste; nine yolks with 4 whites of Eggs, well beaten together, a little fine Cinamon, 2 or 3 Spoonfuls of fine Flower, which gradually mix, that it may not clodder: Butter your Cloth, and strew it with Flower, tye up the Pudding, and put it into boiling Beef-Broth, where let it boil for two hours, and then eat it with melted Butter mixt with White-port, *D. L. S.* and a grated Nutmeg.

8. **QUAKING GELLY of Currants:** Take six pound and a half of Currants, squeeze as much Juice as possible out of them, and to every pint of Juice, take a

pound of *D. L. S.* let the Juice be strain'd first through a Flannel Bag, and the Sugar boiled to a Candy-height, pour in your Juice, and let them boil lightly together, to a degree between Gellied and Pearl'd, and then put it into Pots or Glasses.

9. **QUARTAN-AGUE;** Mix a dram of the powder of the black Tips of Crabs-Claws, with a dram of *Crocus Martis* Aperitive, and take it in any convenient Vehicle or Conserve, twice or thrice, without remitting any Day, when the Dislemper comes.

10. **QUEENS-BISKET:** Take 12 ounces of Flower, and a pound of *D. L. S.* twelve Eggs, yet the Yolks but of nine of them, to prevent their being too yellow; take what Anniseeds or Coriander-seeds you think convenient, beat them fine, and mix the Materials very well together, till they become a soft Paste; and to make it lighter, if you think it convenient, you may add a little Yeast. Let this Paste be put on a Paper, or in Crusts, about two Inches broad, and four in length; which put into the Oven moderately hot, and when they begin to turn brown, take them out, and lay them on a paper in some dry place, that they may be kept from relenting.

11. **QUEEN of Hungary's Water, the True Way:** Take four pound of Rosemary Flowers, gathered in a fair Morning, two or three Hours after Sun-Rising, put them into a Cucurbit, and pour upon them three quarts of Spirit of Wine, well Rectified; press down the Flowers into the said Spirit, and cover the Cucurbit with its Head and Alembick; lute

lute well all the Junctures with Paste and Paper, place it in a Sand heat, and lute a Receiver to it; leave it so till next Morning; distil it with so moderate a Fire, that while the Spirit distilleth, the Head may not be so much as warm; or to hasten the Distillation, you may cover the Head with a Linnen Cloth doubled several times, and dipped in cold Water; dip again, and cool the Head several times: Continue the Distillation until you have drawn about three quarts of Spirit, which will be very pure, and charged with the best and Volatile substance of the Flowers, then put out all the Fire, unlute the Vessels; and put the Spirit into a Bottle well stoppt; strain and press out the Liquor that remains in the Cucurbit, and Clarifie it; put it into the Cucurbit again, and distil it until it remain in the bottom of the Consistence near as thick as Honey, or a thick Symp, which put into a Pipkin well Glazed, and boil it over the Fire to the thickness of an ordinary Extract, and put the last Spirit into a Bottle by it self.

12. QUEENS Perfum'd Water: Take Benjamin four ounces, Storax two ounces, yellow Saunders one ounce, Cloves two drams, two or three pieces of Orrice, half a Citron-peel, Cinamon half an ounce, two Nutmegs, and about two quarts of Water; put all these into a new Glazed Earthen Pipkin, and let them boil over a gentle Fire till the Liquid is half Consumed; then take about six Grains of Musk powdered, with about as much D. L. S. as the bigness of a small Nut, which dissolve with a little of the Water; strain it all, and put it into a Glass well stopped;

use it as a Curious Perfuming-Water, to Scent Rooms, and sprinkle on Linnen, &c.

13. QUEENS Sweet Water: Take Red Roses, and a quart of Damask Rose-Water, Muskadine and Orange-Flower Water, of each three pints; Water of Melilot - Flowers, Flowers of Myrtle and Garden Costmary, three pints; put all the aforesaid Distilled Waters into a Glass Bottle, to which add a pound of Benjamin in powder, Cloves, Cinamon, and Orange-peel dried, and finely bruised; stop the Bottle close, and suffer it to continue so a Month, before you use it, and then it will yield a very Fragaant Scent.

14. * QUICKSILVER made into Cinnabar: Put half a pound of the Powder of Sulphur in a large Earthen Pot well Glazed, set it on a hot Coal-Fire, and put a pound and a half of Flowing Mercury into a piece of Shamoy-Leather, tye it in a hard Knot, and when the Brimstone is well melted, drop the Quicksilver upon it, and press the Knot between your Hands, so that it may pass through the Pores of the Leather, stirring the Substance in the mean time with a Wooden Spatula, and continuing the pressure, stirring the Mercury till its all pressed through, and uniting with the Sulphur, they appear a Black Mass; then let it cool, and beat it into Powder, and so put it into an Earthen Pot proper for Sublimation; join to the Mouth of that another Pot of the same bigness, with the bottom uppermost; having stop'd the hole with a piece of Paper, begin the Sublimation with a Gradual Fire, increasing it some Hours, by which means the Mercury being incorporated with a Portion of Sulphur requisite for it, it will Sublime to the top of the uppermost Pot, leaving some Exces in the lower Pot;

Pot; then when the Vessels are cold, you will find the Mercury sublimated into Cinnabar of a very red Colour, veined with long brown glittering Streaks; but the Colour will appear more fresh and lively, when it is broken in pieces and ground; and therefore it is that the Painters make use of it.

15. **QUIDDONY of Pippins.** Take Pippins cut them in quarters, and pare them, boil them with as much fair Water as will cover them, till they be tender, and sunk into the Water; strain all the Liquor from the Pulp; take a pint of that Liquor and a pound of Sugar, and boil it till it be a Quaking Gelly on the back of a Spoon, then pour it on your Moulds; being taken out of fair Water, when cold, turn them on a wet Trencher, and slide them into Boxes; if you would have it red, boil it leisurely close covered till it is of a good Colour.

16. **QUIDDONY.** This may be made of Quinces, Plums, Apples, Pears, Apricocks, or any other Fruit that is sustable: and to do it, Take of the Fruit you intend to make it of, and to a pound of the Fruit separate from the Stones, Rind, or Cores, boiled till it may be beaten into Pulp; add a pound of fine Sugar, and when it comes to thickness of a Gelly, let it cool.

17. * **QUIDDONY of Raspberries.** Pick your Raspberries, put them into a Jugg, stop it close, lute it up with Paste, put it into a Kettle of Water; which make to boil, and let it boil almost an hour. Take the clear from the Pulp, and take the weight of D. L. S. in fine Powder; boil them together on a quick Fire,

not long, for then it will loose its Colour; when it has boild a little, put some of it in a Spoon to cool, to see if it will nitt; and then if you please you may add some Grains of Musk or Ambergrise in very subtil Powder, or tied up in a fine thin Rag, to hang in it whilst warm, &c. Thus you may do Gooseberries, but they must boil an hour; and so Currants, which must boil but about 3 quarters of an hour.

18. **QUINCE-CAKES.** To make the red sort, Take the Syrup of Quinces and Barberries, of each a quart, and about a dozen of Quinces pared and covered; boil them till they are very soft, and strain the Pulp or liquid part, and boil it up with six spoonfuls of fine Sugar, till it be Candy Proof; then take it in a Ladle, fashion it on Plates into Cakes; and letting it cool, dry them in a Stove, or in a gentle Oven, soon after the baking is over.

19. **QUINCE-CAKES Transparens.** Take a pint of the Syrup of Quinces, and a quarter of a pint of the Syrup of Barberries; boil and clarify them over a gentle Fire, scumming them clean; add twenty ounces of D. L. S. Stir them well together on the Fire to a Candy height; and when it is taken off, and almost cold, spread the Pulp as before, and make your Cakes into what fashion you think proper.

20. **QUINCE-CAKES White.** Take a quart and half a pint of Water, boil it up, and add so much fine clarified Sugar as will heighten it to a Candy; then pare about a dozen of large Quinces, core them; and when they

they begin to be soft by boiling in other Water, wherein you may first set them over the Fire; take them out and beat them into Pulp, and so put that Pulp into the boiling Sugar and Water before-mention'd, and let them continue there a long time; make them into Cakes on a Plate: If you would have them very white, Clarifie your Sugar with Whites of Eggs, that you first sweeten your Water withal.

21. * QUINCE-CAKES:

Take Pulp of Quinces, *D. L. S.* of each a pound; boil over a Chafing-Dish of quick Coals: when enough boiled, which will be when laying a little of it upon a Trencher, it will come from it, without cleaving to it; then take *D. L. S.* Searfed, and strew it on the Dresser-Board, upon which put your Quince-paste; which when cold, mould up into a little Cakes, and Print them; after they are Printed, let them stand in a Box upon a Stool, by the Fire two days or more, till they are dry, letting the Box Lid be open, that the heat of the Fire may the better come out, and pierce them.

22. QUINCE-CREAM: Roast four or five ripe Quinces, quarter them, take out the Core, and cut them in thin slices; then boil them up gently in a pint of sweet Cream, with a whole Race of Ginger, and when it comes to a thickness, strain it out, adding so much Sugar and Rose-Water as will sweeten and scent it.

23. QUINCES to Pickle:

To do this, that you may keep them Green all the Year, take them when they are not quite ripe, wash them in Salt and Water, and rub off the Scurf,

if any be on, and let them lye in that Water twenty four hours; boil up a Pickle of Wine-Vinegar, put into it a handful of Bay-salt, a few Blades of Mace, and some Cloves, with six or seven Bay-Leaves; put the Quinces into it scalding hot, and parboil them; then put them with the Pickle into an Earthen Pot, and so they will keep, and be of use for Tarts, or what other use you please to put them to.

24. * QUINCE Pudding:

Take Quince pulp a pound, *D. L. S.* in fine powder half a pound; Ginger in fine powder, Cinamon in fine powder, of each two drams; take a quart of Cream, to which put 8 Yolks of Eggs, which beat well together; add to it the Quince pulp, and boil it in a Cloth strew'd with Flower, &c.

25. QUINCE-PYE. Take preserved Quinces, separated from the Paring and the Core; make a Syrup of Spring-water, with fine Sugar boiled up in it, and take as much as the Quinces weigh; to every pound add a pint of the Syrup in a Preserving-Pan, and being scummed and boiled, put the Quinces into it; boil them till they be well coloured, and then put them into the Pyes in halves, or quarters; make them in fashion round, either in Pyes, Tarts, or Pattypans, with a cut-cover; but before you bake them, put in more fine Sugar, and leave the Syrup to put in after; and so Ice it. Thus you may do by Wardens, Pippins, hard Pears, or green Codlings.

26. QUINCES to Preserve.

Take Apples when moderately ripe, lay them a while after they

they are gathered, on fresh Straw, or new Hay, for three or four days, covered so that they may sweat a little, and evaporate the superfluous Moisture; pare them very thin, and boil them in Spring-water till they are very soft: Cut them in Quarters, take out the Cores, and mingle the Pulp with the Water, ten Quinces, and two spoonfuls of Sugar being sufficient to boil up a Pottle of Water; and when it is boiled to a thickness, put in the Quinces you intend to preserve, and let them boil till they contract a greener Colour than natural, then put to them some more Sugar; the Scum being taken off, put them up in an earthen glazed Pot, and stop them close.

27. *QUINCES to Preserve Red.* When they are pared and cored, put them into cold Water; and for every pound of Quince take one pound of Sugar, and a pint of Water, make a Syrup thereof, put in your Quinces, and set them on a slow Fire, close covered, till you see they are of good Colour, and very tender; then take them out, and boil your Syrup with the Cores till it will Jelly.

28. *QUINCES to Preserve White.* Take Quinces, core, and then pare them, strew Sugar on them as you pare them; before they are par'd, fill the Holes with Sugar, dash in two or three spoonfuls of Water to make the Sugar melt; set them on the Fire, let them boil till they be tender and clear; do them quick and not too much; when they are enough, have some Gelly of the Cores, or of Pippins ready to put to them, with their own Syrup they were boiling in be-

fore; put your Quinces in Glasses, let them be near cold; then boil up the Gelly again with the Syrup as fast as you can; just before you take up the Gelly, put in a Musk Comfit into it, then pour your Gelly upon the Quinces.

29. *QUINCES to Preserve White.* Weigh your Quinces, and take their full weight of double refin'd Sugar; core and pare your Quinces; have ready two Skillets of Water upon the Fire, and when they are just ready to boil, put in your Quinces; shift them into several Waters till they are tender. Then wet your Sugar with as much fair Water as you think will cover them; boil it to a reasonable Syrup, put your Quinces into the Syrup, and boil them with a quick Fire till they look clear.

30. *QUINCES to keep for Pyes.* Wipe the Quinces, and put them into a little Vessel of Small-Beer when it hath done working: stop them close, that no Air can get in, and this will keep them fair and good all the Year.

31. *QUINCES Raw.* To keep these all the Year, take some of the worst Quinces, and cut them into small pieces, boil them in Water, putting to each Gallon three spoonfuls of Salt, and as much Honey; and so let them boil till the Water becomes very strong of the Quinces, and when it is cold, put in a quart of White-wine-Vinegar, and put the best Quinces into the Liquor; close them up in an earthen Pot, and they will keep fresh all the Year, so that you may use them for Marmalades, or other Matters, at any time.

32. QUINCES *the Syrup.*

Take three quarts of the Juice of Quinces, settle it well, and clarify it from the Drégs, and boil it over a gentle fire till half be consumed: then add three pints of Alicant, or a deep Red Wine; four pound of White-Sugar, Cinamon a dram and a half, Cloves and Ginger two scruples, and boil them up to a Syrup. Let it cool by degrees, and keep it in Glas - Viols for your use, tied close over with Leather. This mixed with Water of Endive, is very cooling and excellent in Fevers, and other hot Diseases, two or three spoonfuls being taken at a time.

33. QUINCE-TART. Pare and slice your Quinces very thin, season them with Candied Citron, and beaten Cinamon, and Candied Orange scraped small, or raw Orange, or Limon-peel; put ten Pippins to fix Quinces, and according to the bigness or littleness of your Tart, half the weight of the Fruit in Sugar; close it up, and bake it, and Ice it over with Sugar dissolved in Rose-water.

34. QUINCE-TART. Take Quinces newly gathered, or kept very dry in Straw, pare them thin, and take out the Cores; and being cut in four quarters, slice them thin; then take Pippins or any hard Winter Fruit, gathered before they are ripe, and using them in the same manner, lay a laying of each; scrape Orange-peel, and scatter it among the layings; add Syrup of Quinces, and on the top of all strew D. L. S. mixed with a little Poudrer of Cinamon, and close up the Crust, baking it well in an Oven not heated with too quick a Fire.

35. QUINSIES *to Cure.*

Bruse thirty two ounces of Purified Salt-Petre, put it in a Crucible which must be put in a very hot Fire in a Furnace, and when the Salt-Petre is melted, put to it an ounce of Flowers of Sulphur, by a spoonful at a time, so that the matter will presently fall into a flame, and the more volatile Spirit of the Salt-Petre will evaporate; and when the flame is over, the matter will remain in a very clear Fusion. Then with a pair of Tongs, take out the Crucible, and turn it upside down into a very clean Basin a little warmed.

This is that which is vulgarly called. Crystal Mineral, or Sal Prunella.

This beaten into Poudrer, is taken with good Success in the dangerous Dissemper called the Quinsie. It also cools and works by Urine in burning Fevers, and other Diseases; that proceeds from Heat and Obstructions, and the Running of the Reins. The Dose is from half a dram, to a dram, and may be taken in any proper or convenient Liquor.

36. QUINSIE Described, &c. This Grievance does most frequently happen between the Spring and Summer, the first Assault of the Fever is seconded by the Pain of the Inflammation of the Jaws, which together with the Swellings of the Uvula, Tonsils, and Larynx, renders the afflicted Person unable to swallow, and scarcely to breath. In this case, first give this: Take Milk-water three ounces, Poppy-water one ounce, Spirit of Sal Armoniack twenty drops, Spirit of Harts-horn thirty drops; mix for a Dose, and to be two or

or three times repeated in twenty four hours; then anoint the inflamed part with Honey of Roses impregnated to a very high degree of Acidity, with Spirit (not Oil) of Vitriol, or Sulphur, and presently after, take this following, (not after the usual manner, but only hold it in the Mouth till it is hot; and

then spitting it out, renew it with that which is cool) viz. Plantane-water, Rose-water, and Frog-spawn-water, of each four ounces; the Whites of three Eggs, beat and reduced to Water, Sugar-Candy three drams; mix them well, and make a Gar-garism of them.

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RABBETS. They are profitable for their Increase, and their being kept on Dry, Barren, Sandy, or Gravelly Ground, which will maintain nothing else, which the dryer it is, the better it is for them; this sort of Land they much improve by their Dung for Rye; and near Great Towns, many make great Profit of them by keeping them in Hutches, or large Barns made very tight, where they may lye dry and warm, for so the Tame ones must lye, else they will not breed in Winter, which is the chief time of profiting, before that of the Wild ones.

2. RABBIT: If it be new killed, will be stiff; but if stale killed, will be limber: Also Hares and Leverets the same. When you kill them, they must be cold before you put them in Panniers, or else they will stink. *Not cometh by giving them too*

much Green Meat; therefore give it them seldom, and then the driness of Hay given them, will dry up that Moisture: *Madness*, give them Thistles to eat, and it will Cure them.

3. RABBIT-PYE, *to be Eat Cold*: Parboil two Rabbits, and bone them, lard them, and season them with Pepper, Salt, Cloves, Nutmeg and Mace; put them into the Pye with a good quantity of Forced Meat-Balls, put a pound of Butter on the top, and close it, when baked and cold, fill it with Clarified Butter.

4. RABBIT *to Boil*: Take a Rabbit, truss it, and boil it with a little Mutton-Broth, White-Wine, and a Blade of Mace, then take Lettice, Spinage, Parsley and Winter-Savory; pick all these, and wash them clean, and bruise them a little, to make the Broth look Green, thicken it with a Crust of Manchet first steeped in a little
E g Broth,

Broth, and put in a little sweet Butter, season it with Verjuice and Pepper, and serve it to the Table upon Sippets; Garnish the Dish with Barberries.

5. **RABBETS to Fricasie**: Take your Rabbet, and cut it in pieces; put in half a pound of fresh Butter, and let it boil, then put in your Rabbet, and let it be half enough: take it out, and clean your Pan, and put in some Water, and let it boil; put in one slice of Onion stuck with Cloves, and a little whole Pepper, a Bunch of Thyme, and a little Limon-peel, let them boil together a while; take out your Onion and Thyme, and put in your Rabbet; shred some Thyme, Parsley, Limon-peel and Nutmeg, and strow on your Rabbet in the pan; take three Yolks of Eggs, and beat them well, and a piece of fresh Butter, and a quarter of a pint of White-Wine, or a Spoonful of White-Wine Vinegar, and beat with your Eggs; put them into the Pan, and let the Pan be kept shaking and stirring with a Spoon, till they be thick; then pour them into your Dish, and serve it up to the Table.

6. **RABBETS, CHICKENS, or PIGEONS Fricasied**: Scald or Flay your Chickens and Pigeons, and divide them in four quartets, hack them with your Knife; boil them in a Frying-pan with Water that Onions has been steep'd in, scum it clean, and put in half a Nutmeg slic'd, a little chop'd Limon-peel and Parsley; when the Meat is ready, beat three or four Yolks of Eggs with some White-Wine and Vinegar, and some of the Liquor in the Frying-pan; but not boil-

ing hot, for then the Eggs will turn; then put all together, and shake it, and so serve it up.

7. **RABBETS Stewed, the French way**: Cut your Rabbits into quarters, lard them with thick slices of Bacon, and after they have been Fry'd, Stew them in an Earthen-pan with strong Broth, a Glass of White-Wine, a Bunch of Sweet Herbs, Pepper, Salt, Fried Flower and Orange.

8. **RABBETS, another French way**: After having cut the Rabbits into quarters, slit their Heads, and Fry them in Lard, then Stew them in an Earthen-pot, with Broth, White-Wine, Pepper, Salt, Nutmeg, and Green Limon; let a little dried Flower be put to those that are to be dress'd with brown Sauce, and for the others, let White Sauce be made with the Yolks of Eggs.

9. **RABBETS to Hash**: Wash them, take the Flesh from the Bones, and mince it small; put to it a little strong Broth, made of Mutton, some Vinegar, and a Shalot or two, with a little grated Nutmeg: Let it stew, and shred a handful of Parsley, half a pound, or as much as will serve, of Butter: Toast Bread for Sippets; serve it up, Garnished with Limons.

10. **RABBIT Roasted**: Spit them not Back to Back, but Scuer them up Side to Side; being Roasted enough, take Butter and minced Parsley, being first boiled, and add thereto the Livers minced very small, and so serve them up.

11. **RABBETS to Stew**: Take a couple of Rabbits of about three Months old, half Roast them, and so take them off the

the Spit, cut them into hand-some pieces, and put them into a Dish, with the Gravy that fell from them, and as much Water, with half a pint of White-Wine, after boiling and scumming, as will cover them; put in a piece of fresh Butter, with Pepper and Salt, and two or three Pippins minced: Let these Stew over a gentle Fire, and Dish them up with Sippets.

12. * RADISHES: They are good Garden Roots, and are multiplyed by Seed. *The Small Early Radish*, is raised from Seed on a hot Bed, with a sufficient thickness of good Rich Light Mould, that they may have depth enough to Root in, before they reach the Dung. And in order to have large and clean ones, make holes as deep as your Finger, 3 or 4 Inches distant one from another, into each of which, drop a sound Seed or two, covering them a little, but leaving the rest of the hole open, so will they grow to the height of the hole, before they dilate their Leaves, and yield a long Transparent Root. But they that are Sown after *Midsummer*, will not run to Seed that Year. The best Seed is that which produces but few Leaves, and a long red Root, which ripens, and may be gathered in the end of *July*, cutting down the Stems, and drying them some days in the Sun. The Stalks run up high, cut them off therefore to a reasonable height; so will the Seed be the better Nourisht, These Sown in hot Beds, may be had in *February*, *March* and *April*: Those Sown in other places, may be Sown among all manner of Seeds, for they spring up so quickly, that

they may be gathered before they can hurt the other Plants: The larger Roots which are Transparent, eat short, not stringy, nor too biting are the best. They potently provoke Urine,

13. * RAPHANUS, or Radish Garden: Tho' no great Notice is taken of this Root, but the eating them with Sallads and Provisions, yet there are many excellent Virtues in it. The Root of the Garden Radish cleanses, attenuates, and opens, and in the Stone is of great Virtue for expelling it, and provoking Urine; it cleanseth the Stomach of slimy tartarous Humours, and opens the Obstructions of the Liver and Spleen, Reins and Womb, and distributes the Chyle. The Seed, which has all the Virtues of the Root, is hot in the third Degree, and dry in the second; wherefore two drams of it is successfully given in a spoonful of Wormwood-Water for killing the Worms in Children, and removing the Gravel and Sand from the Kidneys and Bladder. A Distilled Water of the Roots and Leaves, Beautifies the Face and Hands, by taking off the Spots and Scurff, and making the Skin smooth and fair, if often washed with it. A Syrup of the Juice is excellent against the Stone. It is a singular Remedy against the Scurvy, helps all Obstructions and Asthma's, old Coughs, and shortness of Breath.

14. RADISH - HORSE: This is in some places found Wild, but most usually Planted in Gardens, increasing much in most shadowy places; it Flowers in *July*. The Juice of it given in Drink, is held to be very effectual for the Scurvy. It kills Worms

in Children, the Juice being drunk in convenient Liquors, or the Root laid, bruised Poultrice-wise to the Belly; by the latter means, it takes away the pain of the *Sciatica*, Joint-Ach, or the hard Swelling of the Liver and Spleen: The Distilled Water of the Root and Herb, is better taken with a little Sugar. That called the *Garden Radish*, is vulgarly known; and has some good Qualities with it; for it is held when eaten raw in Salads, wonderfully to help those that are afflicted with the Stone and Gravel, and the stoppage of Urine: The Juice of these Roots made into a Syrup, is an exceeding good thing to purge by Urine.

15. **RAGOO** to make: Half boil a Breast of Mutton, season it with sweet Herbs, and all sorts of Spice, lay it on the Gridiron till brown, serve it with Anchovy Sawee.

16. **RAILS** to Boil: Cut off their Heads and Leggs; truss and put them into a Pipkin of strong Broth, add to them Currants, some Blades of Mace, half a pint of White-Wine, Pepper, Salt; and when they are altogether and stewed enough, place them orderly in a Dish upon Sippets, thicken the Broth with grated Manchet and Butter, melt a little Sugar in D. R. W. put the Broth to them, and serve them up Garnished with Limons, or Oranges sliced.

17. **RAISON - WINE**: Take two pound of Raisons of the Sun, slit and stone them; one pound of White-Sugar, the Juice of two Limons, and one Limon-peel, put them into an Earthen or other clean pot, with

a Covering, and two Gallons of Water; let it boil half an hour, then take it from the Fire, and and cover it close for three or four days, stirring it twice a day; strain it, and Bottle it up close; but fill the Bottles not full, lest they break, and put them in a cold place; after a Fortnights time drink it.

18. * **RANUNCULUS**, or *Crowfoot*: They are like *Anemones*, and ordered in the same manner, only they require a Richer Soil. They are 1. *Single*, of which there is a good variety. 2. *Double*, of which these following are chief. 1. *The Double White of Candia*. 2. *The Double Yellow, or Asian*, with many divided Leaves. 3. *The Double Red Asian*. 4. *The Sage Leaf*, of a Bulls blood Color, when full blown very Double. 5. *The Monster of Rome*, a Rich Scarlet-Flower, and very Double. 6. *The Purwin of Rome*, a large Flower, and deep Scarlet. 7. *The Mervila*, a less but Marbled with a deeper Scarlet. 8. *The Terius*, a branched plant, having on each branch a large double Flower, of a Rich Scarlet. 9. *The Aleppo-Ranunculus*, a fine Orange Tawney-Flower, very double and round, well striped with yellow.

19. * **RAPE** for VINEGAR: It will serve a Year, more or less, provided Care be taken of Cleaning it every Morning with a piece of Linnen, the Matter that is on the sides of the Vessel, and taking off that which swims on the top of the Liquor with a little Broom. The Rape it self, may be freed from its Filth with Water, by rubbing it with ones Hands. This Rape is the Stalks of the Cluster of Grapes, when they

they have been freed from their Grapes and dried, and is used in making of Vinegar, which alone heats and sowers the Wine: But it is first self its self, put into a place to sower, before it is cast into the Vinegar Vessel, to which end, as soon as it is separated from the Grapes, presently after Vintage, it is carefully put up in Barrels, lest it should take Air, without which it would heat it self and be spotted. There is no other way to keep Rape, which has already been used, than to drown it, viz. to fill the Vessel wherein it is, either with Wine or Vinegar.

20. * RAPE-SEED, or COLE-SEED. It grows best, and also improves Marsh or Fenny-Land, or Land newly recovered from the Sea, and grows well in any Fat, or Rank Land, and the Ranker they are the better; but will do well on any Land which is dry and warm. The best Seed is that which is largest, fairest, dry, and of a clear color, like the best Onion Seed. It is usually brought to us from *Holland*, but that which is very good grows here. It is Sown on Land (Fallowed in *May*,) about *Midsummer*, the Ground being made very fine and laid even, before it is Sown: About a Gallon will Sow an Acre. And it is Sown for a double use, 1. For the Seed, which they commonly Reap as they do Wheat; when one half of the Seed begins to look brown, is the time to cut it; then it is laid to dry, which is done in about a Fortnights time, not turning it all the while, because the Seed is apt to shed: Therefore they gather it into large Sheets, and upon them or other Cloth, or in a

Barn, they Thrash it out immediately: But in *Lincolnshire*, they commonly Thrash it in the Fields, upon the Sheet it self. Its common Produce, where it thrives, is 40 Bushels upon an Acre, and its use is to make that Oil of, which we call Rape-Seed Oil. 2. 'Tis Sown for Winter-food for Cows, Oxen, Sheep, &c. in *January*, *February*, and *March*, when other Food is wanting, for which use alone, it turns to great advantage in the more ordinary sort of Lands. That which grows in the Richest Land, is best to be kept for Seed, because it grows rankest and strongest: And when it has been cut, the Stubs of it will sprout again, and afford excellent Nourishment for Sheep, care being taken, that for the first 4 or 5 Nights, they be put out into some Grass-Grounds, because it is apt to make them swell, and fill them with Wind.

21. RARE way to Butter a CRAB: Take half a pint of White-Wine, two Anchovies, a little grated Nutmeg, and some grated Bread, boil them well together, then pick the Meat out of the Crabb, and put it into the Liquor till it is thoroughly hot; you may chuse whether you will put any Anchovy in the boiling, but only melt the Butter with Anchovy Sawce.

22. RARE Pickled Oysters. Take the largest Oysters you can get with all their own Liquor, wash them one by one in it; put them into a Stew-pan, strain their Liquor from them through a fine Sieve, and put to them three large Blades of Mace, a Spoonful of Salt, a Race of Ginger cut in three pieces, half a

Nutmeg cut in three pieces, 12 whole Cloves, 12 whole Corns of white Pepper; put this quantity of Spice into every quart of Oysters: put them over a clear Fire, and let them simmer gently for one half quarter of an hour, and turn them when they are almost enough. Then put in two spoonfuls of the best White-wine-Vinegar, give it one boil or two. Take them off the Fire, and put them into an Earthen-pot, and put into them two Bay-Leaves; so stop them close, and keep them for your use.

23. **R A R E Force-Meat-Balls.** Take a pound of a Leg of Veal, cut it into thin slices; hack it with a Knife on a Trencher, laying by all the Skins and Strings; take a pound and a half of Beef-suet shred very fine, and mix it very well with the Veal, put it into a Stone Mortar, and beat it till it is a perfect Paste; season it with a quarter of an ounce of Pepper, half a spoonful of Salt, a Nutmeg grated; shred a handful of Sage, and a little Rosemary very small; mix it all well together with your hand with two Eggs until it is a Paste, and put it into a Pot, and set it in a cool place; when you use any of it, rowl it into round Balls, and some into long ones like unto Sausages; then boil them in strong Broth a quarter of an hour, and so use them.

24. * **R A S B E R R I E S.** There are three sorts of Raspberries. 1. The Common Wild. 2. The large Red Garden, which is a most pleasant Fruit. 3. The White, which is little inferior to the last. They are chiefly propagated by Slips which sprout out of their Stocks every year

in the Spring time, and are fit to replant the next Spring after, in March, either in Beds or Borders, each Plant being two Feet distance from one another. They shoot out during the Summer many well rooted Suckers, some of which you may take away to make a new Plantation of, by which means the remaining ones will be renewed, for they are dry as soon as their Fruit is gathered, which is in the beginning or middle of July. In the Month of March shorten all their new Shoots which grow round about the Stock, pluck away all the small ones, as also the old ones which are dead; but cut not the Tops to a round Bush, for then they will grow so thick, that they will neither bear nor ripen their Fruit so well as if they grow taller and thinner.

25. **R A S B E R R I E S.** These are very Cordial and good in Taste: The Syrup much availeth in Fevers. To make which, take these Directions: Of the Juice clarified, and Sugar, take an equal quantity, boil them to a Syrup and stop or cover the Vessel close: It's very cooling and pleasant, and is to be given in hot Diseases. Again, Take the Syrup of Raspberries and Clove-Gilliflowers, each two ounces; of the Juice of Kermes, one ounce: make a mixture, and take a spoonful every Morning; it is an excellent Cordial for Women before Delivery.

26. * **R A S B E R R Y - P A S T E.** Take the Juice of ripe Raspberries strained hard thro' a Cloth, boil it. Take its equal weight of D. L. S. with as much fair Water as will wet it, which boil to a Candy height, viz. till

it lies upon a Plate clear, like a Crystal Drop: Presently put into it the Juice of Raspberries, continually stirring it till the Sugar and Juice be well mixed. Put it on the Fire, and give it a walm or two, and so put it into Glasses for Paste, scarcely an Inch thick; but if for *Marmalade* then two Inches; put it on a Stone where it may be but warm; and when it is stiff enough to cut, turn't out upon a Sheet of glaz'd Paper, cutting it into what fashion you please; then put them on the Stone again, and so dry them up. When your *Marmalade* is dry, put it into a cooler Place.

27. *RASBERRIES to Preserve.* Take the weight of your Raspberries in fine Sugar, take some Raspberries, and bruise 'em a little, and take the Juice of the bruised Raspberries, and the weight of it in Sugar, and your other Sugar, named before, and boil and scum it; then put in your whole Raspberries, and boil them up once; let them stand over the Fire without boiling till you see it will Gelly, and that it look clear; take up your Raspberries one by one, and put them in Glasses; then boil your Syrup, and put it over them.

28. *RASBERRIES to Preserve.* Take the fairest Raspberries, and weigh them, and to a pound of Raspberries, take a pound of D. L. S. and half a pint of Spring-Water; mix half the Sugar and half the Water in the Preserving-pan; boil it, and scum it clear; then put in your Raspberries and shake them, but not stir them with a Spoon. When they boil up put in some of the Sugar and Water; so do till all the Sugar and Water be put in at several

times in the boiling, and when the Raspberries look clear, take half a pint of Juice of Currans, and half a pound of D. L. S. and put it into them; let it boil till it begins to Gelly, then take them off, and put them into Pots or Glasses for your use.

29. *RASBERRIES preserved dry.* Take Raspberries that are not too ripe, let them be pick'd and put into Sugar, giving them a cover'd boiling; after being taken off from the Fire, they must be scumm'd, and put into an Earthen Pan, to continue in the Stove during twenty four hours; as great a quantity of Sugar is requisite as of Fruits. For Example, about four pound of each; when they are cool'd, drain them from their Syrup, and dress them as other Sweet-Meats, in order to be strewed with Sugar, and dried in the Stove after the usual manner.

30. *RASBERRY - C A K E S.* Take 'em pretty ripe and weigh them, take their own weight in good D. L. S. boil the Sugar to a Candy with a little Water, put in your Raspberries being first bruised small in a Silver Dish, mingle them well with the Candy, then drop them upon Plates, or in little Tin-hoops, put them into your Stove, and keep them with turning, till they be dry; you may strain your Raspberries, if you like them better without Seeds.

31. *R A S B E R R Y - T A R T.* Take Puff-Paste rolled thin, and lay it into your Patty-pan, then lay in your Raspberries, and cover them with D. L. S. close your Tart, and bake it; cut it up, and put in half a pint of Cream, the Yolks of two or three Eggs well

beaten, and a little D. L. S. then serve it in cold with the Lid off, and Sugar strew'd upon the brims of the Dish.

32. **RASBERRY-GELLY.** Take of the Fruit pretty ripe; set it over the Fire in a Preserving-pan, and extract the thin Juice, cooling the bottom of the Pan, as you find occasion, with fair Water; strain it with a fine Strainer, and when as much is taken as can be, add the like weight of Sugar, and boil up into a Gelly.

33. **RASBERRY-SYRUP.** Take nine quarts of Raspberries gathered dry, and clean pick'd, put them into four quarts of Canary in an earthen Pot, and paste or lute it up very close, keep it in a cool place ten days; digest them in a Glass Still, adding a fourth part of the former quantity, and fresh Berries, and Wine; and when all the Colour is taken out of the Berries, strain out the remaining Liquid part, and put as much Sugar as will boil it up into a Syrup, keeping it scumming during the boiling.

34. * **RASBERRY-WINE.** To every quart of Raspberries put a pound of D. L. S. let them stand two days in an Earthen Pot, often stirring and bruising them; then put them into a Woollen Rag, hang them so, that the Liquor may drop into another Vessel for 24 hours or more. Put the Liquor into a Stein with a Faucet in it, where let it ferment; and at a Weeks end, or sooner, take off the Scum: If it be any thing fine, bottle it up, and at another Weeks end shift it into fresh Bottles, reserving the Settlings in the bottom of the Bottles, which may afterwards

be put together into a Bottle by it self. The Bottles must in this manner be shifted twice or thrice, as long as there is any Settlement found in them. *Another way.* Some take Juice of Raspberries, White or Red-Port-Wine, of each equal quantities; letting them stand 2 or 3 days close covered, stirring the mixture once a day; then straining it, put it into a small Vessel with a Faucet in it, adding a portional quantity of D. L. S. and in four or five days they draw it off into Bottles.

35. **RATAFIA of several Sorts.** This Liquor is at present very much in vogue, and may be made of Cherries and Apricock-Stones, and Muscadine Grapes, according to the following Instructions.

36. **RATAFIA of Cherries.** Let your Cherries be bruised together with their Kernels, and put into an earthen Jarr, or into a wooden Barrel; but a Cask that has held Brandy is more especially proper for that purpose: To twenty pounds of these Cherries add three pounds of Raspberries likewise bruised, with five pounds of Sugar, an ounce of Cinamon, a handful of white Pepper in grains, a few Nutmegs, twenty Cloves slit, and ten quarts of good Brandy: Leave the Vessel unstopped during ten or twelve Days, then stop it up, and let it continue untouched for the space of two Months. Thus a greater quantity may be made, by mingling the Ingredients proportionably, and the whole may be enriched with some Drops of Essences and sweet Scents. When the Ratafia is fit for drinking, the Barrel must be pierced above the

Lees, as the Wine-casks are; but if it be kept in an earthen Jarr, it must be strained through the Bag, and put into other Vessels carefully stop'd up, to be used as occasion serves.

37. **RATAFIA** of Cherries, another way of making. Having provided ten pounds of Cherries, let them be bruised and put into earthen Pitchers with two quarts of Brandy; let the Vessels be well stop'd, and set by for five or six days, at the end of which, the Cherries must be press'd in a Linnen cloth to get out all their Juice: In the mean while, let five pounds of large Currans be boil'd with three pounds of Sugar, and press'd as the Cherries; so as both sorts of Juices may be mingled together, allowing for every quart of that Liquor a quart of Brandy, and a quarter of a pound of *D. L. S.* add the Kernels of your bruised Cherries, with half a pound of Coriander-seed, a little Mace, Cloves, Cinamon and long Pepper, all pounded together, and fill your Pitchers or other Vessels with the Liquor; leaving it to infuse for the space of six Weeks: Afterwards it must be pass'd thro' a Straining-bag, and put again, with the Kernels of Apricock-Stones or Cherry-stones, into the Pitchers, which are to be kept close stop'd, and the *Ratafia* may be drawn off clear, upon all occasions.

38. * **RATAFIA** to Tincture. To give the *Ratafia* a tincture of Raspberries, or Strawberries, some of it may be prepared separately, with Brandy, Sugar and Cinamon; or else the Juice of these Fruits may be infus'd at any convenient opportunity in part of the *Ratafia*: Orange-flowers

may also be preserv'd, which will give it a very pleasant Smell; and to improve its Colour, the Juice of Mulberries may be used mingled with Brandy, and clarified by straining it through the Bag. Those that are prepared with Strawberries and Raspberries may also be ordered after the same manner; and a great variety may be produced even out of one sort of *Ratafia*: Mulberries likewise serve to bring it to a good consistence, and make a very sweet Liquor, when infused with the other above-mentioned Ingredients.

39. **RATAFIA** White. Take a gallon of Water, a pound of *D. L. S.* an ounce of Cinamon, with Cloves, white Pepper and Ginger tied up in a Rag; as also some Nutmeg and Mace, and put these Ingredients into a Copper-pan set over the Fire: To clarify the Sugar, throw in the White of an Egg, clear it well from the Scum, and let all boil together, till at least one third part be consumed; if you perceive that the Liquor has not sufficiently acquir'd the taste of the Ingredients: Then take it off from the Fire, adding a quart of Brandy, and let it pass thro' the Straining-bag, or only through a fine Sieve; you may also give it a fragrant smell, with the Juice of white Strawberries or Raspberries, provided separately in a Pot, as upon other occasions, or else it may be done with Orange-flowers. If for want of the red sorts of *Ratafia*, above-described, you are minded to give this the same tincture, it may be coloured by the means of Mulberry-juice; or else with thick Orleans Wine, or some other of the like nature; or lastly, with prepared Cochinele.

More.

Moreover it is expedient for the making of the like white Ratifia, to keep in a Pot, the Kernels of Cherries and Apricocks steeped in Brandy, which will serve to enrich it by putting in a little at discretion.

40. **RATAFIA of Apricocks** may be prepared two several ways, viz. by causing the Apricocks cut into pieces to infuse in Brandy for a day or two; at the end of which Term the Liquor must be strained through the Bag and impregnated with the usual Ingredients: Otherwise, the Apricocks may be boil'd in White-wine, and by that means more easily made clear, adding to every quart of such Liquor a quart of Brandy; and a quarter of a pound of Sugar, with Cinamon, Cloves, Mace, and the Apricock-kernels: After all have been well steep'd during eight or ten Days, the Liquor must be strained again, and put into Bottles or earthen Pitchers, to be kept for use.

41. **RATAFIA MUSCADEL**. Having made choice of the best Muscadel-Grapes, that are very ripe, let them be well press'd, allowing for every quart of their Juice a quart of Brandy, and a quarter of a pound of Sugar; this Liquor must be pour'd into earthen Pitchers, with Cinamon, Cloves, Mace, and a few Grains of Pepper, and left to infuse for the space of two or three Days; afterwards let the Ratafia be clarified by passing through a Straining-bag, and conveniently put into Bottles; adding a grain of Musk, if it be not sufficiently perfum'd.

42. **RAWLEIGH, his Cordial-Water**: Take a gallon of Strawberries, put to them 3 quarts of

Brandy, and so let them stand four Days: strain them out, and sweeten the Liquid part with fine Sugar, and add, if you please, a grain or 2 of Musk. This greatly revives the Heart, and is good, a spoonful or two taken at a time, in Swooning Fits.

43. * **RAY-GRASS**. It will grow on any Land, but chiefly on cold, sowe, Clay and weeping Grounds. It endures the Summers Droughts, and the Winter Frosts, being the best of Winter Food for Cattle, and springs the earliest of any. It will grow in dryer, and Upland Grounds, and especially in stony, light, or sandy Land, which is unfit for St. Foin: It is preferred before all other Grasses, as taking in all sorts of Poor Land. There is no danger of over-stocking it, because if left to grow too rank, Cattle will then eat it; but being eaten, and kept down, it becomes the sweeter. 'Tis best for Horses, Cows and Oxen, and very much prevents the rotting of Sheep. Three Bushels of the Seed will sow an Acre; some sow it with *Non-such* or *Clover*, which is said to be the best way of sowing it. Where Sand is proper for it, they will mix one or two Bushels of *Ray-Grass Seed*, with half a Peck of *Clover*, for an Acre. It is a thin Spiry Grass, and will not be of any Bulk the first Year, unless thickned by the *Clover*; and will last upon some Lands 7 or 8 Years. Cut some when green, it makes the best Hay; but the Seed, (tho' 'twill grow) is not so good, as if full ripe. An Acre has been found to yield 40 Bushels of Seed, and 14 Loads of Fodder or Hay: Care is to be taken of the Seed when

when newly thrashed, that it lies not too thick, for then it will heat. The Seed commonly yields about London from 2 s. 6 d. to 3 s. 6 d. the Bushel.

44. * **RECEPTACULUM Chyli.** It was first found out by Pecquet, Anno 1651. and is a Cavity, into which all the *Lacteal Veins* empty themselves. It is of a vesicular Substance, which is thicker in Men than in Beasts, but the Cavity is larger in Beasts than in Men, from which proceeds the *Ductus Thoracicus*, which conveys the *Chylus* up to the *Subclavian Veins* on the Left Side, and so to the Heart.

45. * **RECREMENTS.** They are any superfluous Matters either in the Brain, Blood, or *Viscera*, Reins or Womb, which Nature separates for the Benefit of the Body, and differ from Excrements of the Intestines and Bladder, which are ordinarily expell'd by the Fundament and Privities.

46. * **RECTUM Intestinum.** The *Arse Gut.* It is the Strait Gut, which begins at the first *Vertebra* of the *Os Sacrum*, and passes strait downwards to the Extremity of the Rump, or utmost end of the Back-bone. It is about a Foot in length, and not so wide as the *Colon*; but its Membranes are thicker. If this falls out thro' the *Anus*, it is called the falling down of the Fundament.

47. * **RECURRENT Nerves.** They are called by some the *Vocal Nerves*, because they are used with the Instruments of Speech. Galen cutting one of them in an Animal, it became mute: And therefore if wounded or cut in a Man, he is said to become Speechless. *Willis* takes them to

be a distinct pair by it self; but 'tis usually taken to be a Branch of the *Par-pagum*, or 8th pair, springing out of their Trunks, and so called, because they first descend, and then ascend again to supply the Muscles of the *Larynx*.

48. **RED FACE to Cure.** Take of Spring-water a pint, Oil of Tartar, and Oil of Bitter Almonds, each a quarter of an ounce, mix them and wash your Face Night and Morning. Another, Take one pound of Lime, put it into two quarts of Spring-water, let it stand till it be clear, then take off the top of it, and wash your Face with the Water Morning and Night.

49. **RED Drying Ointment.** Take Olive-Oil two pounds, white Bees-wax half a pound; melt them together over a gentle Fire; take them off, and stir them together with a wooden Spatula till they begin to thicken, and add the following Powders, viz. Calaminaris-stone, and Bolo-Armoniack, of each four ounces; Litharge of Gold, and Cerusse of each three ounces, Camphire three drams: Put these into the Ointment, stirring it till it becomes cold; then add a drop or two of the Spirit of Wine.

This Red Ointment is drying and cooling; it heals, strengthens, and stops Defluxions, that fall upon the Parts. It digests and consumes the superfluous moisture of Wounds, and Ulcers, and is of great use to finish the healing Part, and hasten the Cure, &c.

50. * **REDINTIGRATION.** It is a restoring any mix'd Substance, whose form is destroyed, to the same Nature and Constitution, and that it shall have the

same

same Properties it had before. Mr. Boyle about the Redistigation of Salt-peter, proves, that after Nitre has been fluxed in a Crucible over a strong heat, and after all its volatile Particles had been forced away, by casting in lighted Coals so often into the Crucible, till the Detonation ceases, by which means it became a Fixed Nitre, near a-kin in all its Properties to Fixed Sal Tartari; yet he could very speedily, by pouring to this Fixed Nitre, either diluted with a due proportion of Water, or let it run per Deliquium a sufficient quantity of Spirit of Nitre (which by the by, amounted nearly to the quantity of that volatile Part, before burnt off) he could suddenly re-produce true Crystals of Salt-peter of the common Form and Virtue.

51. REDNESS in the Eyes. This often proceeds from the over-abundance of Blood that flows into the Eyes; and in this case it is necessary, if need require it, to bleed by Cupping-Glasses, applied to the Shoulders; and purge the Body; and outwardly to apply such things to the Eyes, as may repercuss and drive back the Humours offending. To do which,

Take the White of an Egg, beat it up to a very fine thinness with Woman's Milk, and drop it into the Eyes by degrees, cooling and keeping them close when it is dropped in. Or,

Take Linseed, boil it in Water and wet a Sponge in the Decoction and lay it warm on the Eyes: or do it in like manner with the Decoction of Fenugreek and Camomil; or the Juice of Night-shade beaten up with the Oil of Roses, and the White of an Egg, and dip a Linnen

Cloth in it, and lay it on the Eyes, when you lie down to take your rest.

52. REDNESS of the Eyes.

Take Camphire a quarter of an ounce, Dragons-Blood and Bolus, of each half an ounce; Verdigrise bruised and sifted very fine, a dram; infuse these in a pint of the distilled Water of large Plantane, often shaking them; wash the Eyes with the Water often, and it will take away the Redness and Pains, assuage the Swelling of the Eyes that have long so continued, and may be used as an excellent Mouth-water for Apoplemated Sores or Ulcerations.

53. * RED BEET PYE.

Boil the Roots tender, peel, and cut them into pieces; season it with Salt, Pepper, Cloves, Cinnamon, Mace, Nutmeg, and so much D. L. S. to please your Palate. Lay it in your Pye, with a good quantity of Beef-Marrow, and candied Limon and Orange-peels cut small or thin sliced; a pound of large Currants, more or less according to the bigness of the Pye; Raisons slit and stoned, and preserved Goosberries: Put in when fill'd some Sugar, and squeeze in the Juice of two good Limons, close it up, and so bake it. When drawn out, put into it White-Port, Canary thickned with the Yolks of six Eggs, and Juice of Limons, sweetning it to your Taste.

54. * REGULUS of Antimony.

It is thus made, Take Antimony in fine Pouder 16 ounces, Crude Tartar in Pouder 12 ounces, Salt peter in Pouder 6 ounces; heat a large Crucible red hot, and throw in a spoonful of the mixture,

ture, presently covering it with a Tile, when the Detonation is over: repeat this Work spoonful by spoonful, till all the Matter is thrown in. Then make a great Fire about the Crucible; and when it has been a while melted, pour it into an Iron Mortar, greased a little with Suet and warmed. Knock the Mortar on the Ground or on the side with the Pestle, to make the Regulus precipitate to the bottom. When cold, separate it from the Dross, melt it again in another Crucible, with a little Nitre thrown on it when in Fusion, and cast it out as before into a greased Mortar, or cast it in a Mould, into small Balls or Bullets, Cups, &c. 'Tis of this Regulus the Antimonial Cup is made. Now Regulus in Chymistry is that which, when any Metal or Mineral is separated in a Crucible, in order to Purification by melting; the finer and metaline Part separates from the grosser or drossy, and settles to the bottom of the Crucible: This is called the Metal, or Metaline Part, or Regulus of that Body.

55. REINS RUNNING.

You may take every Night, two or three grains of our Volatile Laudanum, for eight, or twelve, or sixteen Nights, more or less, as you see occasion, and if it is Virulent and Inveterate, first purge three or four times with our Family Pills; then after the Purging take the Laudanum, and five or six times a day inject into the Yard (with a Yard Syringe) this following Injection: Take Plantane Water a quart, Roch-Allum, White Vitriol, Saccharum Saturni, of each two drams; mix and dissolve, to which add Spirit of Wine three ounces, digest ten Days, then filter through brown Paper, and keep the clear Water for use.

56. RESTRICTIVE Ointment. Take two quarts of Olive-Oil, dried Whortle-berries half a pound, Green Servises, and the Juice of Whortle-berries, of each a pound; Roch-Allum a pound and half; put the Berries into a large earthen Pot well glazed, pour in the Oil, and dissolve the Allum in the Juices, and so put it in with them, and cover the Pot: set it boiling in a Bath till the measure is near consumed; then press out strongly the Matter; and having separated the Oil from the Faces, take of the same Oil three pound, white Bees-wax nine ounces, melt the Wax in the same Pot and Bath; then the Pot being taken off, stir the Ointment with a wooden Spatula; and when it thickens and grows half cold, take Cypress Nuts, Whortle-berries, Pomgrawato-flowers, and Rinds, Acorns, the Stones of Grapes, Grains of Swatch, Burnt-Allum, Mastick, Acacia, burn the Allum in an ordinary Fire; then beat the other things into Powder, with the rest of the Ingredients, the Mastick excepted, which must be beaten a-part; and having sifted the Powders thus prepared, mix them with the Ointment, stirring it till it becomes cold.

This is a good Styptick Ointment applied with Success to the Reins to strengthen them; also the Ligaments of the Matrix, the Descensu whereof it hinders, and prevents Abortion, by anointing the entrance thereof, and the lower part of the Belly. It is also successfully used to close the Neck of the Matrix after Lying in, and to consolidate what Defects may have happened in difficult Labour: It is also very proper against the Relaxation of the Strait Gut, applied without, and put into the Fundament, and to stop the unreasonable Loss of Blood in Women applied to the Region of the Reins and

and Liver, and all the Belly: It is also laid upon the Stomach to stay Vomiting. This Ointment causes no Heat, and is the best known for Cleansing and Consolidation.

57. **RHEUBARB**: It is an excellent Medicine, gentle, and without danger, wherein many Virtues are comprised: It cleanseth and fortifieth the Stomach and Liver, eases the Pains and Prickings thereof, clears the Blood, openeth and healeth all Maladies that proceed from Stoppages, as the Jaundice, Dropsie, Swelling of the Spleen, and long Fevers: It is good against Spitting of Blood, and stops it. It may be moderately taken at all convenient times without danger. The Chewing of it Purges Choler and Phlegm. It is excellent boiled and taken in Possedrink, before the Cold Fit of an Ague comes; and is indeed extolled by all Ingenious Physitians for the Cure of Fluxes of the Belly of all kinds, which it does easily, surely, and without any evil Symptom succeeding it, and therefore is accounted as the most Excellent of Roots that ever was brought into this Nation from any Foreign Parts.

58. **RHEUM**: Take a pint of Malmsey, or Muscadell, boil it gently, thicken it to a kind of a Syrup, with five ounces of D. L. S. put in four ounces of the Juice of Corn-Poppy-Flowers, and being cool, bruise a Liquorice stick at one end, and when you take it, which will be best towards Bed-time, dip the bruised end of the Stick in it, and suck from that about as much as comes to an ounce at a time. This is excellent good likewise against Colds, and cleanses the

Stomach and Lungs of offensive Matters.

59. **RHEUM** to dry up: Take Lettice-seeds, white Poppy-seed, and Purslain-seeds, of each a dram; Tragacanth, Gum-Arabick, and Saffron, of each half a dram, Opium three Grains: bruise and powder these, and make them up into a Paste for 26 Lozenges, with Syrup of Red Poppies; and when you take one of them in a Morning, and at Night, bruise it, and put it into a little Wine; then keep your self warm, and as much from the Air as may be.

If the Catarrh or Rheum is Vehement, and has been of long Continuance, it will scarcely be possible to be Cured without the use of Laudanum: In this case, take our Volatile Laudanum, from three Grains to six, or more, gradually increasing the Dose, as the Patient can bear it, every Night going to Bed: and Morning and Noon take as much as a Chestnut of this Electuary: Take Pulp of Green Ginger four ounces, Syrup of the same three ounces, Flowers of Sulphur, Catechu, Jesuits Bark, of each an ounce, all which being in fine Powder, mix with the former things and make an Electuary.

60. **RHEUMATICK EYES**: First gently Purge the Head and Body, and let the Patient sweat a little: Then use the following Powder for the Eyes.

Take Tutia prepared an ounce and a quarter, Red Coral, and Yellow Mirobolans, of each a quarter of an ounce; Pepper half a dram, powder them very finely, and brew some of it in the Corners of the Eyes: This do frequently, and the Rheum will be removed; and then by washing, the Sight may recover its Clearness. Or,

Take

Take Rain - Water, boil in it Myrtle-seeds, and Nut-Gall, fine Bole, and Cypress-Nuts; and with the Decoction well strained and settled, wash the Eyes Morning and Evening.

61. * RHEUMATISM, and Rheumatick Colick. When the Rheumatism is Vehement, take Chymical Oil of Aniseeds, and of Rosemary, of each 6 drops, mix it with as much Tobacco, as will fill a Pipe, and so smoak it. Repeat it again in a second Pipe, and smoak it as before; and if the Pains cease not, repeat it the third time, and if they be inveterate, the fourth time: It cures it, and gives present Ease as if it was by Inchantment. In a Rheumatick Colick, and Vehement Pain in the Side, as if Pleuristick; Take a Race of White Ginger, and cut out 3 or 4 round Balls or Pills, about the bigness of a White Pea, which swallow down with half a pint of Mull'd Canary, and you will have ease in less than a quarter of an hour.

62. RIBAND - GELLIES. Take a pair of Calves-Feet, an ounce of Harts-Horn, as much Ling-glass; put these into four or five quarts of Water, and boil it till it comes to two quarts, then strain it through a Flannel-Bag, season it with Cinamon and Sugar, a Glass of Sack, D. R. W. and Ambergrise, and a grain of Musk: Colour some part of it with Cochinele, some Yellow with Saffron, some Green with Spinage, or Juice of Bay-Leaves; as one Colour is cold, run on another one above another, as deep as you please.

63. * RICE. The Whitest is the best, and that which comes from Carolina, is the best in the

World. Boiled in Fat Broth, it Nourishes much: So also boild in Cream or Milk, and eaten with Butter, Salt, and a very little Sugar; some boild it with Milk and beaten Almonds, which is very good and restorative, if seasoned with Salt, and sweetened with D. L. S. Rice Cream, or Milk, is made by putting into a quart of Cream or Milk, two good handfuls of fine Rice-Flower, the Yolks of 4 Eggs, and D. L. S. to your Palate, boiling the Cream or Milk with the Rice first, and then putting in the other Ingredients.

64. RICE: This Nourishes much, but it is made of more easie Digestion, (than to be eat as the Turks use it with their Mutton, and other Meats, with only boiling it with them as we do Roots or Herbs;) being boiled in Cows - Milk, or Almond - Milk, it is very good to give to such as are troubled with Fluxes and Colick. The Flower of it is very good in Repercussive Plaisters. It stays Inflammations in the Breasts of Women, and helpeth them. The Decoction of Rice is very profitable in Clysters, given in Fluxes; and boiled in your common Drink, it allays Heart-burning, and the Heat of the Liver.

65. RICE CREAM or MILK: Take a quart of either of them, then put in two handfuls of Rice-Flower, and a little fine Flower, as much D. L. S. as is fit, the Yolk of an Egg or two, and some D. R. W.

66. RICE CHEESE - CAKES: Boil a quart of Cream a little, with a little whole Cinamon and Mace, take it off, and take out the Spice, and put into it four ounces

ounces of Rice-Flower; set it on the Fire, and make it boil, stirring it; take it off, and beat the Yolks of twelve Eggs, then set it on the Fire, and stir it till it is as thick as Curds; put to it four ounces of Almonds blanch'd, and beat very fine, and sweeten it to your Taste, and its done.

67. * RICKETS. It is a Disease common to the *English* Children; which is an unequal Nourishing of the parts, accompanied with Consumption, looseness of the Limbs, swelling of the Joints, narrowness of the Brest, Knots on the Ribs, softness of the Flesh, weakness, faintness, drowsiness, great swelling of the Head, with leanness below it, Crookedness of the Bones, swelling of the Belly; stretching of the Hypochonders, and a Cough.

68. RICKETS: Take about six Shell Snails, and if you can get them; those that hang about Wines, wash them when taken out of the Shells, and boil them in a pint of New Milk, to the consumption of half of it: take out the Snails, put in Bread and Sugar, and give it the Child troubled with the Rickets to eat; and let it do this Night and Morning for 2 or 3 weeks, and use the following Ointment for anointing the Back, Stomach, and other parts afflicted, viz.

Take Oil of Olives half a pint two ounces of the Oil of Camomil, Oil of Limons one ounce, two drams of Mace beaten very fine, grate into these some White-Bread, set them into an Oven in an Earthen Pot, when the Bread is drawn; and the Oven pretty hot; then strain it, and use it warm.

The only thing to cure the Rickets in Children, is Ens Veneris, which may be given from four Grains to

twelve, according to Age and Strength: you may give it in this Decoction: Take fair Water two quarts, Figs slit, Raisons of the Sun Stoned, Currants, of each four ounces, Liver-wort, Hyssop, of each two ounces, Green Liquorice bruised one ounce, boil altogether for half an Hour or better, then strain it out, and keep it for the Child's ordinary Drink.

69. * RICKET-DRINK. Take Liverwort two handfuls, Harts-Tongue, Maiden-Hair, Tamarisk, Capers-Bark, Ash-tree-Bark, Aniseeds, Liquorice, of each two ounces; Figs slit three ounces; Currants, Raisons stoned, of each four ounces; put all into a Gallon of New Ale, letting it work; after three days give it the Child for its constant Drink.

70. * RICKET-GELLY. Take a well Fleshit Cock, which bruise to pieces in a Mortar; add to it Liverwort, Harts-tongue of each a handful, and some Savory, and Thyme, about half a handful of each, boil all in a sufficient quantity of Spring-Water, and then beat all in a Mortar to a Mass. Add a quart of Alicant or Tent, a pint of Canary, 6 ounces of D. L. S. Raisons, of the Sun stoned, large Currants, of each a pound, with some Cloves slit, Mace and Nutmeg bruised, and a little Saffron; boil altogether half an hour, or something more, and then strain it out thro' a Cloth by pressing; make it scalding hot, and let it settle, keeping the clear Gelly for use. Of this you may give the Child several times in the Day, and repeat the Preparation 3, 4, or more times, as you see need. It restores also in Consumptions.

71. ROACH.

71. * **ROCH - ALUM Water** : Take Roch - Alum an ounce, beat it into Poudex, and add as much Vitriol likewise in Poudex ; dissolve these in Spring - Water, and filter it after they have stood a considerable time.

This Cures all manner of Tettars, Ringworms, Herpes, Scurf, Morphew, or Breakings out in any Part of the Body, tending to Deformity, if the Place be washed with the Water these were dissolv'd in, two or three times a Day. This Alum - Water, without the Vitriol, is good to cleanse Wounds and Ulcers : And being burnt in a Rusty Fireshovel, or on an Old Iron Plate, till it becomes light, spongy, and white, the Powder of it will consume by degrees, and with little Pain, the moist and spongy Flesh, and Excrescences in Wounds and Ulcers, and in the Lips, commonly called Proud Flesh. It also hinders Corruption, dissipates and dissolves Humid Tumours. It whitens the Teeth, being rubbed with it, and fastens them : and being mingled with Sage - water, and Honey, is good against the Scurvy, or Defects of the Gums, that make them shrink away and decrease, that many times the Teeth fall out.

72. **ROAST OISTERS** : Take large Oysters, cut them out of the Shells into a Vessel with their Liquor, but so, that no Gravel may be among them ; set them on the Fire covered, till they are scalded, draw eight or ten Stripes of Lard through each Oyster, seasoned with Nutmegs, Cloves and Pepper, very finely beaten and sifted ; put them on two Lark - Spits, - tye them together, and in the roasting baste them with Anchovies dissolved in Water, dridge them over with fine Bread, and then with what

falls from them make a Sawce, only add the Juice of a Limon ; and when they are pretty brown, take them off, and serve them up.

73. **ROAST SEA - FOWL** : Draw them, and truss them, roast them larded, or unlarded, as their particulars require ; then take some Claret, two or three Anchovies, some Gravey with Pepper, and Yolks of Eggs beat up very thinly with these ; Garnish them with stewed Oysters and Limon sliced.

74. **ROB** : There is a Rob made of Barberries in this manner : put to the Juice of Barberries one pound, or a pint, half a pound of D. L. S. and with the gentle heat of a Bath make it into a due thickness.

This is excellent good in hot Diseases, quenches Thirst, cools the Stomach, and creates an Appetite.

75. **ROB, or JUICE of Liquorice**. Take the Roots well cleansed and bruised, but yet so gently, that the Liquor may not fly away. Infuse the bruised Root three days in fair Water, so much as may rise two Inches above them ; and after it has boiled a little, press out the Liquid part, and boil it with a gentle heat to the due consistence of a Rob or Juice.

This is exceeding good for Coughs, and most Diseases of the Lungs. Of this, as of the former, you may take half an ounce at a time twice or thrice a day.

76. * **ROCAMBOLES**. They are a sort of mild and pleasing Garlick, called by some Spanish Garlick, which give a most admirable Relish to most Sawces. They are multiplyed both by Cloves, and by Seed, which last

ter is about the bigness of a common Pea. They are much of the Nature of *Shalots*, and give much the like relish.

77. * **ROCKET**. It is a Sallet Herb, hot like to Cresses; seldom eaten alone, but with Endive, Lettice, Purslane, as Cresses are, being Stomack and of Subtil and Volatile Parts. It is multiplyed by Seed, which is extream small, and of a Cinnamon color; it is sown in the Spring, and its Leaf something likethat of Radishes.

78. * **ROCKET GARDEN**: There is another sort called *Garden-Rocket*, which is more used in Sallets than Physick. But another sort called the *Wild Rocket*, is more strong and effectual to help Digestion and provoke Urine. The Seed is applied to cure the Biting of Venomous Creatures, and expel Worms that breed in the Body. The Herb boiled, or stewed, and Sugar added to it, is very available in the Cough, or Cold, especially taken by Children. The Seed often taken in Drink, takes away the Rammish Scent of the Skin. It increases Milk in Nurses, and abates the Smelling of the Spleen; and mixed with a little Honey over a gentle Fire, if you anoint the Face with it, it will cleanse the Skin from Spots, Morpew, and other Discolourings; and in Vinegar it takes away Freckles and Redness, not only in the Face, but in other Parts; and mixed with an Ox-Gall, it smooths slight Scars, Wrinkles, Marks with the Small-Pox, Black and Blew Spots, and the like.

79. **ROCKET WILD**: This is hot and dry, and its chief use is to stimulate Venery, and is a preservative against Apoplexies; outwardly applied as a Poulrice,

it draws out Thorns and Splinters.

80. **ROCKET WINTER**: It Flowers about May, and Seeds in June: It provokes Urine, helps the Strangury, and is good against Gravel and Stone: It is successful in the Scurvy, good in cleansing Wounds. The Juice or Decoction being drank, or outwardly applied to Ulcers and Sores, by its sharpness cleanses them.

81. **ROLLS FINE**: Take half a Peck of fine Flower, the Yolks of four Eggs, and a little Salt, with a pint of Ale-Yeast; mix them together, and make them into a Paste with warm Milk, and a little Sack; mould it well, and put it into a warm Cloth to rise; when your Oven is hot, mould it again, and make it into little Rolls, and bake them, then rasp them, and put them into the Oven again for a while, and they will eat very crisp and fine.

82. **ROLLS SHORT**: Take half a peck of fine Flower, and break into it one pound and a half of fresh Butter very small, bruise Coriander - Seeds, and beaten Spice, with a very little Salt and some Sugar, and a pint of Ale-Yeast, mix them well together and make them into a Paste, with warm Milk and Sack; lay it into a warm Cloth to rise, and when your Oven is hot, make it into Rolls; prick them, and bake them, and when they are baked, draw them, and cover them till they be cold; these eat finely; you may Butter some of them while hot.

83. **ROSA SOLIS**: A Distilled Water called *Rosa Solis*, being by all held to be a very Excellent Cordial, An Essence of the Juice strengthens

the Stomach, Head, Heart, and Liver, also the Bowels; and gives ease to Wounds: It is very famous in the Epilepsy, Plague, and all sorts of Malign and Pestilential Distempers. Held in the Mouth it cures the Tooth-ach, and drank in a Glass of Wine it provokes the Terms, and expels the Birth. The Herb is held to cure Quartan Agues, if applied six hours to the Pulse, and the Party Bathed with the Water, or Decoction of it, and often repeated. The Distilled Water drawn in a Glass Still, is of a Glittering yellow Colour like Gold.

84. ROSA SOLIS, the Water: Take Brandy two quarts, in which four handfuls of the Herb Rosa Solis has been infused, D. L. S. finely powdered a pound and an half, Milk-Water a pint and a half; put to it half an ounce of Cinamon powdered, and strain it through a Cloth with two grains of Musk, and half an ounce of Sugar-Candy

85. * R O S E S: The chief we use in Physick are, 1. The Damask Rose, of which is made the Purging Syrap, called *Syrupus Rosarum Solutionis*, Syrup of Roses Solutive, good for the Purging of Children and weak Persons. 2. The Red Rose, A Syrap of which is Astringent, and stops Fluxes: And a Tincture made of them with choice Brandy and Rain-Water, of each equal parts, is an excellent thing to cure Sore Eyes, and stop Defluxions of hot Rheum into them. 3. White Roses: From which a Distilled Water is made, good against Inflamed and Blood-shot Eyes.

86. * R O S E S to Dry or Keep:

Take Damask Rose-buds, before fully blown, pull them, and free them from their Seeds or

Middles: Lay them on Boards in a Room where no heat of the Sun may come: when they seem to be pretty dry, let a good large Still be made pretty warm, on the top of which dry them till they are crisp, but not so long as to make them change their Color; then spread them thin, and when they are all so dried, croud them as hard as you can into an Earthen Pot, and tye it up close, and so keep them till you have occasion for them; to lay among and sweeten Linnen.

87. ROSE LOZENGES: Take Provence or Damask Roses when they are in their prime of Flowering, beat them very fine and small, yet lose as little of the Juice and Scent as may be: sprinkle over them Citron, or Limon-Juice, cover them close, and add as much fair Water or White-Wine, as will boil them up a little till they become tender; then having fine D. L. S. boiled up to a Candy height, put them into it boiling, emptied from the Water and Juices, and keep them stirring about a considerable time: take out the D. L. S. and Roses, so mixed, with a Spoon, and lay it on Pye-plates, make it thin as is convenient, and cut it out into what form you please.

88. ROSE-WATER: Take Damask Roses when just blown, before they open too much, and loose their Fragrancy in the Air, gather them when the Sun has dried off the Dew or Moisture; and having picked the Leaves from the Stalks, without suffering any Seeds to scatter among them, spread them on a clean Carpet free from Dust, till they

are almost free from any moisture; then put them into a Pewter Still, and make a Fire under them gently by degrees, and fasten your Bottle or Receiver, to the Nose of the Still, tying Paper or Linnen about it, to keep in the Scent; and so Corking them up, when full of the Water, within an Inch of the Cork, set them in the Sun two or three days, and then in a warm place especially, lest the Frost take them, and either break the Bottles, or spoil the Scent of the Water.

89. ROSES and GILLIFLOWERS to keep long. Take them when they are very fresh, and in the Bud, and gathered very dry, dip them in the Whites of Eggs well beaten, and presently strew thereon searced Sugar, and put them up in Luted Pots, and set them in a cool place, in Sand or Gravel, and with a fillop of your Finger at any time, you may strike off the Coat, and you will have the Flowers fresh and fair.

90. ROSES, an Oil Compound. Take fresh Red Roses bruised one pound, Juice of Red Roses four ounces, common Oil four pound, put them into a Glazed Earthen Pot with a narrow Neck, and stop it well: set it in the Sun to macerate, and having boiled it in Balneo Mariæ, strain and press out the Liquor, and return it into the same Vessel again; do the like two or three times: then purifie the Oil, and keep it for use. If there be any moisture in it, it will be easie to separate it, because it falls to the bottom.

This Oil dulcifies and dissipates Fluxions that fall upon the external Parts. It extinguishes Inflammations, and hinders the descent of the Hu-

mours, and appeases Pains; it tempers the heat of the Stomach, and the heat in the Reins; it asswageth the Pains in the Head, as also Deliriums and provokes Sleep; dulcifying the sharp Humours that interrupt by their Acrimony. It must be warmed before you anoint the Part with it. It may be also internally given against the Worms and Dysenteries, from half an ounce to an ounce: It is good to anoint the Parts upon Fractures, and Dislocations of Bones. It is mixed with equal parts of Vinegar of Roses, to anoint the Head when shaved, for the abating the Vapours that ascend in Burning Fevers, which too frequently cause want of Sleep, and Deliriums. This Oil also mixed in Pain-easing, and dissolving Liniments, and Cataplasms, and softening Plaisters, to give them the consistence of Searcloath, is of singular use. The same way that this is prepared, you may prepare the Oils of Myrtle, Melilot, Elder-Water, Lillies or Nymphæa, Camomile, Violets, Lillies, &c.

91. ROSES RED Dry: There is a Syrup to be made of these; Take two Quarts of Water, make it pretty warm, and infuse in it for the space of twenty four hours, four or five handfuls of dried Roses; and when the Scent of them is gone mostly into the Water, put fresh ones, and squeeze them at the taking out, and in this Water dissolve two pound of D. L. S. and so make a Syrup.

This mitigates the hot Diseases of the Brain, asswages Thirst, strengthens the Stomach, causes Sleep, stays the Flux of the Belly, and agglutinates and mundifies Ulcers.

92. ROSIN, its Virtues: The Rosin of the Larch or Turpentine Tree is hot, emollient, clean-

cleansing, healing, vulnerary, and pectoral, &c. It heals Ulcers in the Lungs, helps and stops the Gonorrhœa. It gently provokes Urine, and opens the Obstruction of the Reins, Ureters, and Bladder. The Dose in Powder, is from one Dram to two Drams. Outwardly, it is used in Balsams, Ointments, and Emplaisters. It softens Tumours, and ripens them, if made up with Beef or Mutton-suet. It ripens and heals Felons and Whitlows, and cures them when they break, cleanses Ulcers, and heals Green Wounds; is much available in the Pains of the Gout, and all other Aches, and Pains proceeding from a cold Cause. Helps Strains and Hurts of the Nerves and Muscles, and strengthens weak Limbs.

93. * ROSIN, Its Spirits, Oil, and Balsam, are extracted, by Distillation, in a large Retort in Sand, distilling first with a very gentle Heat, till all the Phlegm and Spirit, (in which is contained the Volatile Salt) is come over, and then gradually increasing the Fire to force over the Oil and Balsam, which are to be rectified from Colcothar, or Bone-Ashes.

This Spirit is very Excellent; for it takes off the Tartarous Mucilage in the Lungs, Reins, Breast, and Stomach, Ureters and Bladder. It hinders the generation of the Stone, and Gout. The Dose is from one to three drams.

The Oil dissolves Tumours of the Gout, strengthens the Nerves, cures the Palsie, Tumours, Wounds, and Ulcers, and all manner of Convulsions, Cramps, Aches, Pains, Strains, and Bruises proceeding from a cold Cause, or Violence, the Part grieved being often anointed with it. The Balsam has the same Virtue, but

not so penetrating; and therefore is mostly used in the curing old Sores, Fistula's, Ulcers, Pain of the Gout and Sciatica's, &c.

94. * ROSEMARY: Its Leaves, Flowers and Seeds are in use, being Cephalick, Neurotick, Uterine, and Arthritic. They are chiefly used for all cold Diseases of the Head, Brain, and Nerves, as Apoplexies, Palsies, Epilepsies, Vertigo, Memory hurt, Lethargy, dimness of Sight, and cure a stinking Breath. They open Obstructions of the Stomach, Liver, Spleen, Mesentery and Womb, good against the Jaundice, Whites in Women, Coughs, Consumptions, a Decoction of the Leaves and Flowers made in Water or Wine, or the Seed in powder, being taken to a dram in Wine. The Spirit of the Leaves, or rather heads of Flowers, or a Tincture from the same in Spirit of Wine, taken to a spoonful or more in Wine, Morning and Night, are good for all the purposes aforesaid.

95. ROSEMARY WATER: Take the Flowers and Leaves of Rosemary when they are at their best, half a pound, of the Root of Elecampane four ounces, Red Sage a handful, Cloves three ounces, and a like quantity of Mace, Aniseeds twelve ounces; beat the Spices separately, and the Herbs together; put to them four Gallons of White-Wine; and having infused them for the space of seven Days, distil them.

This Water greatly comforteth the Heart, removeth Pains of the Stomach, creates a good Color, and gently purgeth the Blood by Breathing Sweats.

96. * **R O U P.** It is a Boil or Swelling on the Rump of Poultry, which will corrupt the whole Body, being known by the starting or turning-backward of the Feathers. For the curing of which, pull away the Feathers, and open the Sore, to thrust out the Core, and then wash the place with Salt-Water, or Beef-Brine.

97. * **ROYAL BEEF.** Take a Sir-Loin, or large Rump; bone it, and beat it well, season it with Salt, Pepper, Cloves, Mace, Nutmeg, Limon - Peel, Savory and Thyme; Lard the Meat with large pieces of Bacon; and make strong Broth of the Bones. Put in a good deal of Sweet Butter into the Stew-pan, with 2 or 3 Bay-leaves, Palates, and Sweet-Breads pul'd in pieces, cover it down close, and let the Meat stew till it is tender, take it out, scum off all the Fat, put in a pint of Red Port, and three Anchovies: then put in the Beef, make it thoroughly hot; add what Pickles you please, with Fried Oysters, thicken up the Sauce, and pour it over the Meat. It is a Noble Dish being hot, and very good cold.

98. **ROYAL PASTE:** Mix with three pound of fine Flower, six ounces of Loaf-Sugar beat and sifted, half an ounce of Cloves, Mace, and Cinamon beat; break in bits a pound and half of Butter, and rub it in the Flower: put to them three Eggs, whipp their Whites to Snow; put in a like quantity of Sherry, and raw Cream as will make it up to a very stiff Paste. It will then be fit for Patty-pans, Cheese-cakes, Sweet-Florentines, or the like, or you may soul in the Butter as

you do Puff paste, but not for Cheese-cakes or Patty-pans.

99. **R U E:** This is for its wonderful Virtues called the *Herb of Grace*. 'Tis very Attenuative, Incisive and Digestive, Resolutive, and Provocative. It driveth out Windiness, by reason of its heat in the third degree, and not only sharp in Taste, but bitter also, by reason whereof it may resolve and penetrate gross and clammy Humours; and through the same qualities provokes Urine. It consists of subtil Parts, and is numbred among Medicines, which are great driers; and asswaging all Lustful Appetites. The Seed boiled, and drank in Wine, greatly resists Poison. The Leaves eaten alone, or made into a Conserve; if the Party take half an ounce of it fasting, it resists ill Airs, Pestilential Fevers, and consequently the Plague; The Decoction drank, easeth Pains in the Brest and Sides, and Inflammations of the Liver, and the pains of the Gout; also the shaking of Agues. Being eaten raw, it cleareth the Sight, and is good against difficulties of Breathing, and the Cough; and with Oil of Roses and Vinegar, it easeth the Head-ach. Being bruised, and put up the Nostrils, it stays Bleeding at Nose. The Distilled Water of it, mixed with an equal portion of Wine and Rose-water, is very sovereign for any Pains in the Head or Stomach.

100. * **R U E: R U T A.** It digests, and cuts glutinous and clammy humours, expels Wind, is a preservative against the Plague, and other malign Diseases. It quickens the Sight, is good

against a Pleurisie, strengthens the Stomach, cures the Colick, and the biting of mad Dogs, Serpents, &c. It is Uterine, good against Vapours and Hysterick Fits, and provokes the Courfes.

101. RUE of the MEADOW. *Dioscorides* highly approves it for Bruises, and the healing of old Sores, being applied to them Pulcicewise, or they washed with the Juice: The Distilled Water and Flower of this Herb, have the like Virtue. Some People use it shred among common Pot-Herbs in their Broth, for opening Obstructions of the Body, and to render it soluble: But the Roots clean washed, shred, or sliced, and boiled in Ale, I hold to operate more in that kind, than the Leaves, yet they provoke Stool, but very gently. The Roots boiled in Water, destroy Lice and Vermin, incident to Humane Bodies, by only washing the places with their Decoction. *Camerarius* tells us, That it is in great Esteem in Italy, as an Antidote against the Plague, and that the Saxons use it with Success in the Yellow Jaundice.

102. RUFFS, and REDSHANKS to Boil: Take these Fowl, put them upon a Spit, and lay them to the Fire with a little Basting, till they are half roasted; then having Water boiling in a Pipkin, after you have stuck a few Cloves about them, put them into it, (but it must be very little;) and when they have taken a walm or two, put out all the Water to a pint; put in some Claret-Wine, and strong Broth, a little Mace, and Cloves, with the Gravey that dropt from them when they were roasting;

add some Pepper, fried Onions and Salt; stew all well together, and serve them up on Sippets.

103. RUMP of BEEF to Roast: When it is thorough warm, baste it with a pint of Claret, wherein some Limon-peel, a top of Rosemary, one or two Anchovies, and one Onion have been put, keep it Basting till it is ready, then send it up with the Gravey.

104. RUMP of BEEF to Stew. Season it with Salt, take Savory, Thyme, Marjoram and Parsley, shred them small, with Beef-Suet, and some Nutmeg beaten fine; stuff it with this, put it in a Pot, with a pint of White-Wine, half a pint of Vinegar, and as much Water as will cover it, let all stew some Hours, stir it once or twice.

105. RUPTURE - WORT: This is mostly found on dry, sandy, and Rocky places. It is excellent in the curing of Ruptures, not only in Children, but also in those of riper Years, if the Distemper be not too inveterate; by taking a Dram of the Pouder of the dried Herb, in a Glass of Wine for a considerable time; or the Distilled Water or Juice of the Green Herb, taken in like manner. It helpeth likewise all other Fluxes in Men or Women, Vomitings, and the Gonorrhœa, and Running of the Reins, by being taken either of the ways mention'd. It helpeth those that have the Strangury, and stoppage in Urine, Stone or Gravel in the Reins, or Bladder; helps Stiches in the Side, or Gripping Pains in the Stomach and Belly, Obstruction of the Liver, Worms, Yellow Jaundice, Defluxions, and foul Ulcers.

106. * RYE: SECALE. It will grow well upon any dry sort of Land whatsoever, tho' the Barrenest Sand or Gravel; it is sown about the beginning of September, after a Summers Fallow, in the dryest time they can: they allow two Bushels of Seed to an Acre; but if new broke up Ground, or Land subject to Worms, they allow a Peck more. A little sprinkling of Dung or Mud upon the Land, will much advance a Crop, tho' laid but half the thickness as for other Corn; for it requires not such Ground, nor Pains as Wheat does, but only that it be well tempered and loole, and sown in a dry time, for the Rain soon drowns it. It is quick of Growth, for its soon up after it is sown,

and sooner in the Ear, usually in April, and also sooner ripe than other Grain. It is ripe when its Straw is turned yellow, and that it hangs the Ear, and the Grain is hard. 'Tis not very apt to shed, and therefore if it is Weedy, you may let it lye upon the Ground 8 or 10 days before you bind it, if the Weeds are not dry sooner; for if they give in the Barn, it may cause it not to Thrash so well, and make it Musty. But if it is without Weeds, you may House it as soon as you can. The general use of Rye is for Bread, either by it self, or mixt with Wheat. It makes Bread moist, and gives it a pleasant Taste, agreeing with most Appetites.

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1. **SACK POSSET:** Take ten Eggs, beat the Yolks and Whites together, and strain them into a quart of Cream, season it with Nutmeg, Cinamon, and Sugar, put to them a pint of Canary, stir them well together, put them into your Bason, set it over a Chaffing-Dish of Coals, and stir it till it be indifferently thick, then scrape on Sugar and serve it.

2. **SACK FOSSET,** Another: Take the Yolks of 12 Eggs, and

half a pint of Sack, the like quantity of Ale, beat them very well together, and set them on a Chaffing-Dish of Coals, and stir them till they are scalding hot, and begin to grow thick; have a quart of Cream ready boiled with what Spice you like best, and the Whites of your Eggs whipt up to a Froth, and stir them into the Cream, just as you take it boiling off the Fire, and so pour it to the Sack and Eggs scalding hot, and stir it together, and let it stand on a very soft Fire,

Fire, or in a Pan of scalding hot Water half an hour, and it will be enough.

3. **SACK - POSSET** *without Milk*: Take a pint of Ale and boil it, put in a pint of Sack, take 12 or 13 Eggs Whites and Yolks, beat them very well with Sugar, and put them to your Ale and Sack, on the Fire, till it begins to Curdle, then take it off, and put it into your Bason, strew Sugar and Cinamon on it, and serve it up.

4. * **SACK - POSSET**: Take 10 Eggs, Yolks and Whites, which beat well and strain: add half a pound of *D. L. S.* in powder, and a pint of Canary, put all into the Bason you intend it in, and stir it over a gentle Fire, till 'tis almost scalding hot, stirring it all one way: have ready a Quart of Cream pretty warm, mix them, stirring still all one way: take it off the Fire, cover it with a hot Plate for half an Hour; then sift over it *D. L. S.* and Cinamon in powder, and serve it.

5. * **SACK-POSSET**, *Another*. Take 15 Eggs, Yolks and Whites, which beat well and strain; *D. L. S.* in powder, 3 quarters of a Pound; Canary a pint and more; put altogether in a Bason, over a Charcoal Fire, stirring it continually, till almost scalding hot; have a Quart of Cream, with some slic'd Nutmeg ready boil'd, which put to the former gradually, stirring it all the while, adding Gelly of Harts-horn, and some Grated White Bread; take it off the Fire, cover it down very close, and set it by the Fire-side, for half an Hour, after which, you may serve it up.

6. * **SACK-POSSET**, *Excellent*. Take 14 Yolks of Eggs, and 8 Whites, taking out the Treads; one Nutmeg finely grated, and Cinamon in powder, beat all well together; a pound of *D. L. S.* in powder, Gelly of Calves-Feet half a pint, choice Canary, a pint and quarter; keep all stirring over a Chafing-Dish of Coals, so fast that it curdles not, till it is boiling or scalding hot: Add to it a quart of Cream, and a pint of Milk boil'd together with some Grated Bread, which mix with the former as hot, but as softly as you can, stirring it all the while till all is well mixt: take it off the Fire; cover it close for a quarter of an hour and then serve it up.

7. **SADNESS** *to help*: Take English Saffron half an ounce, Cochinele in fine Powder, five drams; choice Canary a Gallon, mix and digest for twelve days: then decant the clear Wine from the Feces; to this Wine, add of strong Cinamon-Water 3 quarts: mix and keep it for use. It is a famous thing to cure Sadness, Heaviness, and Melancholy, gives Life and Spirit, and causes a settledness of Mind, and withal gives Pleasantness and Chearfulness.

8. **SAFFRON**: The best Saffron is that which Tinctures your Hands upon a gentle touch, and smelling somewhat sharp, and is not very brittle. In property, it is good for the weakness of the Stomach, and faintness of the Heart; and being taken in a small quantity of Wine, it preserveth from Drunkenness, and healeth the Bitings of Serpents, and Stinging of Spiders; It is restorative, but the taking too much of it, is troublesome to the Spirits.

9. * **SAF**

9. * **SAFFRON.** Our *English* *Saffron* is the best in the World, and therefore ought to be more propagated. It is increased by the Roots, which Yearly multiply in the Ground, like other Bulbous Roots, or rather more. They are Planted about *Midsummer*, but some say *March* is the best time. It delights in good dry sound Land, brought into perfect Tillage by Manure and good Husbandry; the Lighter and Richer the Land is, the better Crop may be expected. They are to be taken up, and New Planted once in 3 Years, and then many of the Roots may be obtained, which are commonly sold by the Bushel. The way of Setting them is in Rows, which they make with a large Hoe, 2 or 3 Inches asunder, and three Inches deep. But the Furrows or Rows may be five Inches distant, for the more convenient Weeding and Howing them. About *September* the Flowers appear, in the midst whereof, come up 3 or 4 or more Chives, which grow upright together, and with no more; you may gather between your Fingers, and that early in the Morning, or else they return into the Body of the Flower again, and so for a Months space you may gather *Saffron*. Then 'tis to be dried, which is done in a small Kiln, made of Clay, but with very little Fire, which must be carefully attended; 3 pounds of fresh gathered, usually making but one pound dried; and an Acre of Land may yield from 7, to 15 Pounds; and they commonly compute the Charge at about 4 Pounds an Acre.

10. * **SAFFLOWER,** or *Carthamus*: It is a Noble Plant, of very great use, and vast advantage to such as are pleased to Plant it. It grows about *Horton*, and *Ashton* in *Oxfordshire*. The Flowers of which the Dyers use, for the Dying of Scarlet. They Plant it in Rows about a Foot distance, for the conveniency of Howing it. It grows on a round Stalk about 3 or 4 Feet high, and at the top bears a great open Stalky Head, out of which come forth many Gold Coloured Threads, of a most shining Color, which they gather every day as they ripen and so dry them. The Pouder of the Flowers given to a Dram in Mead, or Barley-Water, prevails wonderfully against the Yellow Jaundice. So also two drams infused in Canary, or White Lisbon, or Madera Wine for a Dose, do the same thing; open Obstructions of the Stomach, Liver, Spleen, Mesentery and Womb; and being several times repeated, it cures the Green-sickness in Virgins. For its Culture, Gathering, Drying, Uses, and several Excellencies thereof, as also its other admirable Virtues, see our *Herbal*, Lib. 1. Cap. 613. where you may see very ample satisfaction.

11. **SAGE:** This is a singular Remedy against all cold and phlegmatick Diseases in the Head, and against all Pains of the Joints, either being taken in Drink, or applied in Fomentation; wherefore it is very good for those that have the Falling-sickness, or subject to Lethargies, or have at certain times their Members benumb'd, or senseless: It availeth much against the Defixions of Phlegm;

Phlegm, and Maladies, incident to the Brest; and is very advantageous for Women with Child to eat it often, especially if they are subject to miscarry before their time; for it keepeth the Child in the Womb, and does quicken it. If a Person subject to spit Blood, take three or four Spoonfuls of Honey with the Juice of Sage, double the quantity, in a Morning fasting, the Blood will be stay'd in twice or thrice so doing. The use of Sage in Pottage, and otherwise, serves to sharpen the Appetite, and cleanse the Stomach that's oppressed with ill Humours. When there is any occasion for heating, drying, or binding, use this Herb as a very good Medicine.

12. * SAGE CREAM. Take sweet Cream a quart, boil it well; add to it Juice of Sage a quarter of a pint, *D. R. W.* and Hartshorn Gelly, of each half a Quatern; Canary half a pint, *D. L. S.* half a pound: mix and boil it, giving it a walm or two. There are several sorts of Sage, as 1. The Red. 2. The Green. 3. The variegated. 4. Sage of Virtue. The first and the last are the best. The Leaves of the red make a very wholesome and pleasant Sallet in Spring-time, being well wash'd and dip'd in Vinegar and Salt, and so eaten with new Bread and Butter; and its Leaves are a proper Ingredient in all other cold Sallets, provided it is not supream. All the kinds of Sage, especially the red and that of Virtue, are hot and dry in the third Degree, Cephalick, Neurotick, Stomatick, Cardiack, and Uterine: good especially for the Head, Brain, Memory and Dimness of Sight: they are An-

trispasmatick, and good against all Paralytical Affections of the whole Body, and provoke the Courses in Women; and as *Blanchard* says, make a good Medicament against the French Pox. They are propagated by Slips, which are planted in *April* or *May*.

13. * SALGUNDY. Take boil'd or roast Chicken or Veal, minc'd very fine, a Layer of it, and a Layer of Yolks of Eggs boil'd hard and chopt small; a Layer of the Whites, a Layer of Anchovies, and a Layer of Limons pared, and the Pulp shred small; a Layer of Pickles, and a Layer of Sorrel, Spinage, and Chives, or rather Shalots shred small: When your Dish is full, garnish with Horse-Radish scraped, Limon sliced and Barberries. Some mixes all this Hodg-Podge together, others do not; but let every one mix it on their Plates as they please, and then they eat it with Oil, Juice of Limons, a little Salt, and Mustard, beat thick up together.

14. * SALLETS. By this name we here mean cold Sallets made of raw Herbs: Some as the *French* make a Medly of all sorts of Herbs; but we in *England* use only some few choice ones, as Lettices, Cabbage-Lettices, Lambs-Lettice, Sage, Sorrel, Parsley, Cresses, Tarragon, the white part of young Onions, or Shalots; which are mix'd in such proportion as each one likes; and being pick'd, well wash'd and prepared, just before eating, they make a mixture of choice Oil 3 parts, Wine Vinegar 2 parts, Mustard one part, and a little Salt, well beaten together, which is either poured over the whole Sallet, or put in on one side.

side of the Dish, in which every one may rowl their *Sallet* as they please. In *Winter Time* they make it of the whitest, tenderest, and sweetest Cabbage they can get; which being shaved very fine, and chopt small with some small Onions or Shalots, they pour over it the former mixture, and so eat it.

15. *SALLETS for Winter.* Take a good hard Cabbage, and with a sharp Knife shave it so thin as you may not discern what it is, then serve it with Oil, Mustard and Vinegar. Or take Corn Sallet clean pick'd, and also well washed, clear from the Water, put it into a Dish in some handsome form, with some Horse-Radish scraped, and some Oil and Vinegar.

16. *SALLAD-GRAND.* It is made of minced Meats, mince Capon, Veal, dried Neats-tongue in slices, Lettice shred, small Olives and Capers, Mushrooms pickled, Sampire, Broom-buds, Limons or Oranges, Raisons, Almonds, Potato's, Currans, pickled Oysters, and Tarragon. To dish this up, Take a little Tarragon and Lettice, mince them small, and put the several Things by themselves, and garnish the Dish with Oranges and Limons sliced, or in quarters.

17. * *SAINT FOIN*, or *Holy Hay*, as the *French* call it, for they are very full of their Saints, and of their Holiness, tho' the most prophane, of any People upon Earth. This, as it is one of the best Improvements of our Dry, Sandy, and Barren Land; ought to encourage all our Country Gentlemen and Farmers to the Husbandry thereof. See more of it at large in *Let. H. N°. 30.*

18. * *SALIVATION.* It is an Evacuation of the Universal Defilements of the whole Body lodged in the fleshy Substance, Blood, Lymph, Serum, and other Juices, by Spitting; which is done by Salivating Medicaments, which are chiefly from Mercury, or Mercurial Preparations, and is mostly used in the Cure of the French Disease, and the Symptoms attending it. How this ought to be Artfully and Methodically done, See our *Praxis Medica*, or Comment upon Sydenham, (the second edition) *Lib. 3. Cap. 28. Sect. 105, 113, 124. ad 155.* where we have compleatly, and at large, handled the Matter through all its Operations and Requisites.

19. *SALMON Fry'd.* Take the Rand, Chine, or Jole of Salmon, and fry it, cut in thin slices of sweet Butter; and when you perceive it begins to grow crisp, prepare your Sawce with Claret, sweet Butter, grated Nutmeg, the Juice of Oranges, and the Liquor of pickled Oysters, heat them over a gentle Fire with continual beating, and pour them on the Fish; and for garnish, lay Sage-Leaves and Parsley fried in Butter, but not too crisp.

20. *SALMON Boiled.* Chine your Salmon, then take a side or more thereof, and cut the pieces into reasonable bignesses, wipe it only from the Blood, but do not wash it; take no more Wine and Water (of each an equal proportion) than will cover it: having made the Liquor, boil with a handful of Salt, put in your Salmon, make it boil up quick, adding a quart of White-wine Vinegar, keeping up a stiff Fire, it will be boiled in half an hour;

hour; then take it off, and let it cool, keeping it in a broad bottom'd earthen Pan, with the Liquor; but if you intend it shall be eaten hot, Dish it up presently, and Sawce it with Butter beaten up thick with Water, adding thereto the Yolks of three Eggs dissolved therein, some of the Liquor, grated Nutmeg, sliced Limon, poured thereon, garnishing the Dish with fine serfed Manchet, Barberries, sliced Limons, Spices, and some Greens fried.

21. **SALMON Stewed.** Take a Rand or Jole, fry it, after that stew it in a Dish, on a Chaffing-Dish of Charcoal, with some Claret-wine, large Mace, sliced Nutmeg, Salt, Wine-Vinegar, sliced Orange, and some sweet Better; when enough, and the Sawce thick, Dish it on Sippets, lay the Spices on it with some slices of Orange; garnish the Dish with some small Manchet, grated and finely serfed.

22. **SALMON to Pickle.** Take the Salmon and cut it in six round Pieces, boil it in Vinegar and Water, two parts of the former and one of the latter, put not in your Salmon till the Liquor has boiled half an hour; being boil'd, take it up and drain it, then take Rosemary-Leaves, Bay-Leaves, Cloves, Mace, and whole Pepper, a good quantity of each, and boil them in two quarts of White-wine, and as much Vinegar, let these boil half an hour, your Salmon being cold, rub it well with Pepper and Salt, and put it up in a Barrel with a lay of Salmon, and another of Spice, that is boil'd in the Liquor; having filled your Vessel, pour on the Liquor; re-

new your Pickle once a quarter, and your Salmon will keep a Year.

23. **SALMON Fricassee.** Take a piece of fresh Salmon, and cut it into the length or thickness of your Fore-finger; take some sweet Herbs with Parsley, and a little Fennel, and mince them very small; take some Salt, Mace, Nutmeg, Cloves, all beaten together, and put them to your Salmon, with the Yolks of half a score Eggs, and mix them very well together; in the mean time get your Pan in readiness full of clarified Stuff and very hot, with all the quickness you can scatter your Fish with its Appurtenances; be sure you keep it from frying in Lumps; when it is three quarters fried, pour away your Liquor from it, and put in some Oister Liquor, some White-wine, some large Oisters, two Anchovies, a large Onion, Nutmeg and minced Thyme; being ready, dish it, and pour thereon the Yolks of four Eggs, beaten with some of the aforesaid Liquor and Butter; garnish it with Oisters, and serve it up on Sippets.

24. **SALMON-PYE:** Take a convenient piece of fresh Salmon, two quarts of Shrimps, or Prawns, and the like quantity of opened Oisters, some Salt, a quarter of an ounce of whole Mace, the like of beaten Pepper, and four Anchovies: mix what can be conveniently so order'd, spread the bottom of the Pye with Butter, lay in the Fish, and scatter the seasoning all over it, and uppermost another laying of Butter.

25. **SALMON to Roast.** Take a Jole of Salmon, or a Rand, and

and divide it into four Pieces, season it with Salt and grated Nutmeg, stick in it whole Cloves, and put it on a convenient Spit, laying on it likewise a few Bay-leaves, and Sprigs of Rosemary: baste it with Butter, and save the Dripping to mingle with other Butter, to be served up in Sawce, mixed with Verjuice, the Juice of Oranges, and garnished with the slices of Oranges.

26. * SALT-DIURETICK.

Take the Urine of a healthful Man, and put it into as much Hungarian Vitriol powdered as it's capable to dissolve; make the Dissolution in a large Vessel, that there may be room for Ebullition, which being ceased, put the Liquor into a Glass Cucurbite covered with its Head, and distil off the Phlegm and Spirit in a Sand-Heat, first with a slow Fire, then with a gradual Fire encreased, and sublime the volatile Salt at last.

This Salt composed of the volatile Salt of Urine, and several acid Particles of the Vitriol, vigorously expels serous Humours by Urine, the Passages whereof it opens. It is to be taken in White-wine, Diuretick Waters, or Decoctions, from a scruple to a dram. It is very available in Dropsies, dissolved in opening Decoctions; for which purpose you may mix the Spirit with your usual ordinary Drink. The Phlegm applied to the Gout, asswages the Pain thereof. It is also good to allay the Inflammations of the Eyes.

27. * SAMPIRE. It grows upon Rocks by the Sea-shore, and is one of our Sallet Furnitures; some have endeavoured to bring it into Gardens, but how successfully, their own Experience can best tell. They

multiply it by Seed only, which being very delicate by Nature, requires to be planted by the sides of Walls, exposed to the South, South East or South West, the open Air and great cold being pernicious to it. It is usually sown in some Pot or Tub, filled with Mould, or on some side Bank towards the South, &c. and that in March or April, and afterwards transplanted into those Parts above-mentioned.

28. * SAMPIRE Pickled.

Take that which is green and sweet smelling, lay it into Salt and Water for two Days; take it out and put it into an Earthen Pot, and cover it with the best White-wine Vinegar very well; for it will waste much: put it over a soft or slow Fire, cover it very close, and let it hang till it is green and crisp, but not soft or tender: Then put it up, and tye it down close with Leather. It is in the height of its goodness in May, and then 'tis best to be pickled.

29. SAMPIRE to Pickle.

Take two quarts of Water, to a Gallon of Vinegar, two great handfuls of Salt, pick your Sampire and wash it, and put it into a Pot, and the Liquor to it, and paste it close that no strength may come out, and set it over Embers, not very hot, so let it stand two Days and two Nights, and be sure it doth not boil, take it off, and open it, and let it stand till it be cold, and put it into another Pot with the same Liquor.

30. * SAVORY. *Satureia.*

It is of two kinds, viz. Summer and Winter-Savory, both of which are delicate sweet Herbs, but the Winter kinds is preferred.

They

They are hot and dry in the third degree, acid and a little styptick. They strengthen and restore the Head, Brain, Nerves, Stomach, Womb, and other *Viscera* when diseased, or their Tone hurt; fortify the Stomach to a Miracle; cure the Palsy, provoke Urine and the Terms, and excite appetite, strengthen the Digestion and stop vomiting. Physically they are used, either by a *strong Infusion* in Sherry, White Lisbon, Canary, or Madera Wine; or in their *Tincture*, being extracted by a good Digestion in good Brandy, or a choice Sugar Spirit; or in a Poudre, of which a dram may be taken at a time Morning and Night in a Glas of choice Wine.

31. SAVOY, or FRENCH Biskets. Take three or four, or more New Laid Eggs, according to the quantity of Biskets you would have made: Take a pair of Scales, put your Eggs into one of them; as also some bak'd Flower into the other; so as there may be an equal weight in both; take also some Poudre-Sugar of the same weight as the Eggs, the Whites of which, are to be taken to make the strongest Snow that possible can be, by whipping them well with a Wisk. To this is to be added at first some Candied Limon-peel, grated or beaten as it were to Poudre, and then the Flower that was weighed before: All being thus mingled together, let the Sugar be put in, and after having beaten the whole Mass again a little while, add the Yolks of the Eggs, so as the Paste may be well tempered. The Biskets may be made upon Paper with a Spoon of a round

or Oval Figure, and neatly Ic'd with Poudre Sugar, after having wash'd them over with Whites of Eggs; afterwards you must blow off the Sugar that lies upon the Paper, and caufe the Biskets to be baked in an Oven that is not over heated, giving them an agreeable Colour on the top; when they are done enough, they must be cut off from the Paper with a very thin Knife, and may serve to set off Fruit, or for the Garnishing of Pyes or Tarts.

Some do not allow so many Whites of Eggs, and of six that have been weighed, only take two, to make the Rocky Snow; but this is an indifferent matter; the Limon-peel may likewise be dispensed with, as also the baking of the Flower, and yet the Biskets will prove good: However, for six Eggs, it is requisite to use Sugar to the weight of Flower.

32. SAVOY BISKETS, Another way: Take three or four Eggs, according to the quantity of Biskets design'd to be made, and beat the Whites a little with the Yolks, adding as much Poudre Sugar as can well be taken up between your Fingers at four or five times, with Limon-peel, and four or five Spoonfuls of Baked Flower: When this Confection is well tempered together, let it be turned with a Sheet of Paper strewed with Sugar, and after having likewise strew'd the Paste on top with the same Sugar, let it be baked in an Oven moderately heated; as soon as the Biskets are taken out, they must be cut all at once, with the Paper underneath, according to the Size and Figure that you would have them to be of, and then the Paper may be gently

gently cut off with a Pen-knife, for fear of breaking any part of them, which is soon done, because they ought to be very dry.

33. * SAUSAGES. Take choice Pork, Leg or Loin; skin and bone it: Break the Bones all to pieces, boil them in Water enough to cover them; scum it well, and season the Liquor with Salt and Pepper, two or three Blades of Mace, an Onion, and Shalots. When all the Goodness is out of the Bones, strain it, and let it be cold; shred your Meat very fine, with Salt and Pepper, Cloves and Mace all beaten, a handful of Sage and Savory, and a little Spinage to make it look green: Add thereto the Yolks of some Eggs, and as much of the Liquor as will make it pretty moist. Rowl up one in Flower and fry it, to see if it is well seasoned; if not season it to liking. If they are to be presently spent, you may mix with them a few shred Oisters.

34. * SAUSAGES. Take Pork (freed from its Skin) Fat and Lean together, three Pounds Beef Marrow one pound and half, 12 Shalots: mince all very well together; season with Salt, beaten Pepper, Cloves, Mace and Nutmeg, and some sweet Herbs: make them sufficiently moist with very strong Gravey, so fill them, hang them up in a proper Place, and keep them for use.

35. * SAUSAGES *call'd Oxford Kates*: Take the Lean of a Leg of Pork, or Veal, and four pound of Beef-suet, or rather Butter, and shred them together very fine; season it with three quarters of an ounce of Pepper, and half so much Cloves and

Mace; one good handful of Sage chopt small; Salt it to your Palate, mingle this together, then take ten Eggs all but three Whites, and temper it together with your Hands, and as you use them, roul them out, about the length and bigness of your Finger; you may roul them out with Flower if you please. When you fry them, the Butter must boil in the Pan; before you put them in, and when they be pretty brown, take them up, their Sawce is Mustard.

36. * SAUSAGES *Another*: The best way to do this, is to take a Leg of Pork that has lain an Hour or two in Salt and Water: Take off the Fat, and mince the Lean very small, and shred into it Beef-suet 4 pounds, season it with half an ounce of beaten Cloves, an ounce of Pepper, and the like quantity of Mace beaten fine, shred small, a handful of Sage and Rosemary, and break in about a dozen of Eggs, and mix all well together; fill the Gut of a Hog, well washed, and boil them gently; dry them in a Chimney, and they will be excellent good for a very considerable time.

37. SAUSAGES *Bolonia*: Take of the best Buttock Beef, of a Leg of Pork, of each 6 pounds, Beef suet three pounds, Pork or Bacon Fat four pounds and half, Cloves, Mace, Nutmegs, Cinnamon, all in gross Poulder, of each three drams, White or Long Pepper in fine Poulder, half an ounce, red Sage, Penny-royal, Savory, Thyme, of each one ounce; first parboil the Meat over a gentle Fire for an hour, being cold, shred it small by its self; after shred the Suet and Pork

Pork Fat by themselves, then the Herbs by themselves; mix all together with the Spices, and Salt enough to season them, or give them a good Relish, adding the Yolks of twenty four New Laid Eggs, and fine Wheat-Flower half a pound, made into a soft Paste with Milk; mix, and beat all together in a Mortar, and then put them up into prepared Ox-Guts; after which, smok or dry them three or four Days in a Tin Stove, over a Sawdust Fire. The Ox-Guts are prepared (being emptied of their Dung) by putting them into fair Water and Salt, cutting them out into several pieces, and turning the inside outward with a Stick, for three or four Days together, washing them till they become White, then turning them again, the Meat is to be put in, which is to be prest hard and tied up. The Tin Stove or Frame, may be placed and used in a Chimney, it may be made in the Form of a Cupboard, but without a bottom, with two Doors, the one below with a kind of Pigeon hole in it, to open and make a Saw-Dust and Small-Coal Dust Fire, to be kindled with Straw, and to draw in Air at the hole aforesaid, which may have a little Door to prevent Cats; the top of it may be firm Tin, with a Funnel in it, covered over to prevent Soot, to which, on Ledges a-thwart divers Hooks may be placed to hang the Sausages upon; for want of this, you may dry them in a Chimney where is usually kept a good Fire.

38. SAUSAGES without Skins.

To make these, Mince the Lean of a Leg of Pork very small,

having first taken out the Sinews and Strings; add two pound of Beef-suet finely shred, and two handfuls of red Sage, a little Pepper, Salt and Nutmeg, with a piece of an Onion; mingle them, being all finely minced and beaten, having put in two or three Yolks of Eggs; and so with a small matter of Flower, make it into a Paste in lengths, or Balls: and when you Fry it, cut it out in pretty thick slices.

SAWCE S.

39. SAWCE for a Barbel.

Take half a pound of fresh Butter, with a little Verjuice, thicken it with the Yolks of one or two Eggs.

40. SAWCES for Beef Stakes.

(1.) Beat Butter with the Juice of Limons, and garnish with slices and sprigs of Parsley. (2.) Gravey and Butter. (3.) Mustard, Butter, and Vinegar. (4.) Butter, Vinegar, minced Capers, and grated Nutmeg; and if you design to garnish them sundry ways, take either Parsley, Sage, Clary, Onions, Apples, Carrots, Parsnips, Skirrets, Spinage, Artichokes, Pears, Quinces sliced, and fry them in Butter, and they indifferently serve for any sort of fried Meats whatsoever, according as your Palate best relishes, as Udders, Sweetbreads, Tongues, Rabbits, Chickens, and the like.

41. SAWCE for a Capon.

Take a penny White Loaf and grate it, and boil it in a little Water, with a whole Onion, and when you take it off, put to it a little fresh Butter and Sugar.

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Or

Or a little White-Loaf sliced, and soaked in strong Broth, with Onions, boil it up in Gravey, Nutmeg, Limon, cut like Dice and drawn Butter, put it under your Capon, this serves also for a Turkey, Pheasant, Heath-Pouls.

42. **S A W C E** for a Carp. Cut some small Oysters with a few Capers, Mace, Nutmeg, Salt, and Pepper, boil them softly on the Fire; then add a little fresh Butter, and some of the Blood of the Carp to it, and rub the Dish with a Clove of Garlick, dish it up with Bread soak'd in the Sawce.

43. **S A W C E S** for Chickens Roasted: (1.) Gravey and the Juice, or slices of Oranges. (2.) Mutton-Gravey, the Gravey of the Chickens, Verjuice and Butter. (3.) Butter and Vinegar boild together with a little Sugar. Make thin Sippets of Bread, lay the Roast Chickens on them, and serve them up hot. (4.) Wash a good handful of Sorrel, stamp it, prepare thin slices of Manchet, and put them into the Dish with some Vinegar, and the Juice of the Sorrel, Sugar, Gravey, beaten Cinamon, and beaten Butter, some slices of Limon and Orange, and strew thereon Cinamon and Sugar. (5.) Sliced Orange, White-Wine, Cinamon, Rose-Water, and a few Blades of Mace, Ginger, Sugar, and beaten Butter, set them on a Chafing-Dish of Coals and stew them; then place some slices of Manchet round the Dish, and the Chickens being Roasted and Carved, lay them into the Sawce, and serve them Garnished with slices of Limon, Barberries, and Parsley.

44. **SAWCE** for Boil'd Chicken or Lamb. Take a quarter of a pint of White-Wine, a Ladle full of strong Broth, an Anchovy, two Shallots, a little Nutmeg sliced, and a Blade of Mace, three slices of Limon; in the time of Year, add Grapes, or Goosberries, beat it up with Butter, a little Parsley boild green and shred, so pour it over your Chicken; for Mutton, you may put a handful of Capers.

45. **S A W C E S** for Duck, or Mallard: (1.) Vinegar and Sugar boiled to a Syrup with two or three Cloves, and a little Cinamon, or Clove only. (2.) Gravey of the Fowl, Oister-Liquor, a whole Onion boiled in it, Nutmeg, Anchovy; and if Lean, Farce and Lard them. (3.) Onions sliced, Red Beets cut Dice fashion, boiled in strong Broth, and White-Wine, or some Gravey, minced Parsley, Savory shred small, Mace and Butter well stewed together. This may indifferently serve for divers kinds of Wild Fowl, but more particularly for Water-Fowl.

46. **S A W C E** for Pelfares: Take a little Vinegar, with a little Orange-Peel, and a White-Bread Toast, with a whole Onion, these put in a Pan under them, and after serve them up together. This will serve for divers other Birds.

47. **S A W C E** for a Goose. Take an Onion and some Sage chopt, and rowl it up in a piece of Butter, and put it into the Body of the Goose; when the Goose is ready, take it out of the Body, and mix it with melted Butter for Sawce; the same Sawce for young fat Ducks.

48. **S A U**

48. SAWCES for Green Geese :

(1.) Mince Sorrel and Sage, stamp them with Bread, and the Yolks of Eggs hard by boiling, and grated or sliced Nutmeg, Salt and Vinegar. (2.) Stamp Sorrel, White-Bread, and the slices of Pippins, or other hard Apples, put Wine-Vinegar and Sugar to them, then press out the Liquid part through a fine Cloth, put it into Sawcers, and scraping Sugar into it, serve it up. (3.) The Juices of Limon, Sorrel, grated Bread and Sugar : Garnish with Parsley, slices of Limons or Oranges ; or for want of them with Barberries, and tops of Rosemary, and so serve them up. These Sawces may serve likewise for young Ducks, Teal, or Widgeon. (4.) Take the Juice of Sorrel mixed with scalded Goosberries, and served on Sippets and Sugar with beaten Butter.

49. S A W C E S for Hares. If a Hare be Roasted, take the following Sawces as your Palate best relishes.

(1.) Beaten Cinamon, Ginger, Nutmeg, and Pepper, boiled Prunes in White-Wine. (2.) Currants strained, Muskefied Bisket-Bread beaten to Powder, Sugar and Cloves boiled in Water to the thickness of a Gruel.

Having made these Sawces, or prepared them for making : Take the Hare, Flea it, and Lard it over with small Lard, stick it with Cloves, and put a Pudding into the Belly of it, made of Grated Bread, Grated Nutmeg, beaten Cinamon, Salt, Currants, Eggs, Cream ; make it stiff and good, fill the Hare, and Roast it : and if you desire to have this Pudding Green, put to it the Juice of Spinage or Parsley ; if Yellow, Saffron, or Turmeric ;

if Red, Turnsole, or Alkanet-Root.

50. S A W C E for Hens, or Pullets Roasted : Take the Yolks of six hard Eggs minced small, put them in White-Wine, or Wine-Vinegar, with beaten Butter and the Gravey. (2.) Juice of Oranges, Pepper, Salt, and Gravey boiled with the Neck, Liver, Heart and Gizzards, and add Mustard if you please. (3.) Beer, Salt, the Yolks of 3 hard Eggs minced, or grated Bread, three or four spoonfuls of Gravey ; and when these are well beat up, put in two or three slices of Orange, or Limon, with Limon-Peel shred small. (4.) Beaten Butter, with the Juice of Orange, or Limon, White, or Claret-Wine, well mingled and beat up with the Butter. (5.) Take Gravey and Claret-Wine, boil in it some slices of Onion, Nutmeg, and Salt, serve it up with slices of Orange and Limon. (6.) Oyster-Liquor, an Anchovey or two, sliced Nutmeg, Gravey, and rub the Dish with Onion or Shalot. (7.) The Yolks of Eggs hard boiled, and Limon-Peel ; mince them very small, and stew them in White-Wine, Salt, and the Gravey of the Fowl.

51. SAWCE for Larks Roasted : Lard them, and when they are Roasted, make your Sawce with Crumbs of White-Bread, Water and Salt boil'd together.

52. SAWCE for Larks. Boil grated Bread and Water together, and season it with Sugar, Butter, and a little Salt.

53. S A W C E for Land-Fowl : Take boiled Prunes, and strain the Pulp into a little of the Blood of the Fowl ; add then Cina-

mon and Ginger finely beaten, boild with a little Sugar to an indifferent thickness, and serve the Dish, with the Gravey of the Fowl.

54. **SAWCE for a Loin of Veal:** Take Thyme, Pennyroyal Mint, Sage and Marjoram; boil two Eggs hard, and shred the Yolks of them with a little Salt, and grated Nutmeg; then the Herbs being shred in, boil them together with a few Currants, beaten Cinamon, Sugar, and some whole Cloves, dish it on this Sawce, and Garnish it with slices of Oranges.

55. **SAWCE for a Leg of Veal:** Stuff it with Beef-suet, seasoned with Nutmeg, Salt, and the Yolks of two or three raw Eggs well mixed with the other; then make Sawce with the Gravey that drips from it, when the Fat is blown off; and giving it two or three walms on the Fire, squeeze in the Juice of two or three Oranges: Garnish it with Violet-Flowers, Parsley, and Oranges sliced.

56. **SAWCE for Mutton Roasted.** Gravey, Capers, Sampire, and Salt, stew them well together, in Water with Onions, Claret-Wine, sliced Nutmeg, and Gravey boiled up, with three whole Onions, stewed in strong Broth or Gravey!

57. **SAWCE for Mutton Boil'd.** Take the best Prunes, and stew them well with White-Wine, or Claret, and some whole Spice, strain them into a Dish, and set it over a Chafin-Dish of Coals, put to it a little grated Bread, Juice of Limon and a little Salt; lay your Leg, or other Joint of Mutton, into a Dish; being well boiled, pour your Sawce to it:

Garnish your Dish with Limon, Barberries and Parsley. (2.) Capers heat in their Liquor with Vinegar and Sugar, pour'd out with Sippets of White Bread in the Dish.

58. **SAWCES for Pigs:** When your Pig is drawn, stuff up the Belly with a Crust, and a little chopt Sage in it, or a Pudding of grated Bread, Currans, and beaten Mace; lay it to the Fire, but not too near at first, for fear of scorching; and then being Roasted, draw it, and serve it whole with this Sawce, viz. White-Wine, Cinamon, whole Cloves and Sugar, boiled up to a Syrup, and the Gravey, with what else from it. (2.) A little Grated Bread, the Pigs Brains, Sugar and Barberries, with a little beaten Butter. (3.) Vinegar, Butter, the Yolks of hard Eggs minced into the Gravey of the Pig; boil these up, and serve them as a Sawce. (4.) White-Wine, some strong Broth, or a minc'd Onion, some strip'd Thym, grated Nutmeg, and the grated hard Yolks of Eggs, some Anchovies and Pepper beaten small, Butter beaten up with Elder-Vinegar, and the Gravey that falls from the Pig. (5.) Two or three Yolks of raw Eggs beat up, grated Nutmeg, Sugar, Currants, Cream, Salt and Pepper, Sugar and Cinamon.

59. **SAWCE for Partridges:** Take grated Bread, Water and Salt, and a whole Onion, boiled together; when it is well boiled, take out the Onion, and put in minced Limon, and a piece of Butrer, and serve them in.

60. **SAWCES for Roasted Pigeons:** (1.) Gravey and the Juice of Oranges. (2.) Fili their Bellies

Bellies with minced Parsley, and when Roasted, beat up some Butter and Vinegar thick, and put the Parsley to it. (3.) Onions stewed with Gravey, Claret-Wine, and a little Salt, Garnished with Parsley and Marigold-Flowers. (4.) Spynage Roasted in the Bellies of the Pigeons, minced, and put into Claret-Wine and Salt, beaten up with Butter and Gravey.

61. S A W C E for Quails : Take Spinage, Savory, Thyme, and some Claret-wine, a little Pepper and Salt, and a piece of Butter, and serve them up.

62. S A W C E for a Rabbet : Take the Liver of a Rabbet when it is raw, and shred it small with some Thyme stripped, and one Anchovy ; wrap it up with some Butter, and put it in the Belly of the Rabbet when you Roast it ; when ready, take out the same, and mix it with the Flap minced ; put some Butter into it, then send it up.

63. S A W C E for Red Deer : (1.) Sweet Herbs small minced and boiled with the Gravey only, or white Bread boiled with Water pretty thick, without Spices, putting to it some Butter, Vinegar and Sugar. (2.) The Juice of Oranges, Limons, and Gravey beat up well. (3.) A Sawce made with strained Bread, Cinamon, Sugar, Vinegar, Claret-wine, and some beaten Ginger, finely strained, or you may add a few Cloves, and sprigs of Rosemary. (4.) If you will stuff or farce any part of the Deer convenient to be so used, stuff the piece chosen with Thyme, Rosemary, Savory, or Cloves, or else with all manner of Sweet Herbs, minced with Beef-suet ; lay the Caul over the side,

or half the Haunch, and so Roasting it pretty well, serve it up with any of the forementioned Sawces, Garnishing with Oranges, Limons, and Red Beet-Roots.

64. SAWCE for Roast Mutton : Gravey, Capers, Sampire, and Salt, stew them well together ; Onions, Claret - Wine, sliced Nutmeg and Gravey, boiled up with three whole Onions, stewed in strong Broth or Gravey, White-Wine, Pepper, Pickled Capers, Mace, and three or four slices of Limon.

65. SAWCES for Roast Pork : (1.) Gravey, minced Sage and Onions boiled together with some Pepper. (2.) Mustard, Vinegar, and some small Pepper, well beat together. (3.) Apples pared and quartered, and boiled in fair Water, with some Sugar beaten up with Butter. (4.) Gravey, Vinegar, sliced Onion and Pepper, boiled up together. The Sawces thus ordered, you may take a Chine of Pork, and draw it with Sage on both sides, when it is on the Spit, then roast it ; and so you may do by any other Joint of Pork, viz. Loin, Rack, Breast, Spare-Rib, or Harlet of a Bacon-Hog, being salted a Night or two.

66. S A W C E S for any kind of Sea-Fowl Roasted : Make a mixture with Grated Bread, Cinamon and Ginger beaten, a quarter of a pound of Sugar, a pint of White-wine-Vinegar, and a quart of Claret, boil them up and strain them, add a few whole Cloves, and boil them again with some sprigs of Rosemary, and a little red Saunders, boil it as thick as Grewel ; and putting a sufficient quantity into a Dish, place the Fowl in it :

And this especially, is an excellent Sawce for Woopers, Swans, Cranes, Shovelers, Herons, and Bitterns.

67. *SAWCES for Stubble-Geese.*

(1.) Sour Apples, or Pippins, boiled to a Pulp and strained; add to them Sugar, Vinegar, Gravey, Barberries, grated Bread, Mustard, beaten Cinamon, and boiled Onions cut small. (2.) Slices of four Apples boiled in Beer, mash them, and put in Sugar, and beaten Butter; and for variety, add Barberries, and the Gravey of the Fowl. (3.) Take the Gizzards and Livers, minced small with Sage, Beets, sweet Herbs, and sprinkled with Salt; add minced Lard, and fill the Belly of the Goose, sew up the Rump, or Vent, tie the Neck with a Packthread, and roast the Goose: being roasted, take out the Farcing, put it in a Dish; and then put to it the Gravey of the Goose, Pepper, and Verjuice; give it a walm on the Fire, and serve it up. (4.) The French Sawce for Geese, is only Butter, Mustard, Sugar, Vinegar, and Barberries.

68. * *SAWCE for Turkey or Venison:* Take a pint of Claret, a little fair Water, and a little Vinegar, one Onion, beaten Cinamon, beaten Ginger, a few whole Cloves, and some grated Bread, a little Rosemary and Sugar, as you think fitting, boil them well together, and it is made. The second Sawce in Capon serves also a Turkey.

69. *SAWCES for Woodcocks or Snipes:* When you spit them, put an Onion in the Belly; when it is roasted, take the Gravey of it, some Claret, an Anchovy with a little Pepper and Salt, so serve them up.

70. *SAWCES General for Wild Fowl, and Water Fowl:* For Wild, is Gravey boiled up with an Onion, a little Nutmeg and Butter; and for Water Fowl, sliced Onions, boil'd up in strong Broth, with Gravey and a little drawn Butter.

71. * *SAWCE for Salmon boiled.* Take a pint of White-wine, two Anchovies, a little Mace and Pepper, and some Shalots: Boil till the Anchovies are dissolved; put in a little of the Pickle of Pickled Oysters, and add to it sweet Butter a pound, four Yolks of Eggs, some Vinegar, and a grated Nutmeg, a handful of Capers and some Limon-peel, both shred small: Shake all together to be thick, and put in more Salt, if the Anchovies season it not high enough.

72. * *SAWCE for Fish.* Take scraped Horse-Radish, Limon-peel, bruised Pepper, Savory and Thyme, which boil in a little fair Water; add two Anchovies, six spoonfuls of White Port, boil a little and strain; Add to the strained Liquor a pound of sweet Butter, which, when melted, take off the Fire, and stir in the Yolks of two or three Eggs, well beaten before with four spoonfuls of White Port-wine. Keep all stirring over the Fire, till as thick as Cream, which pour over your Fish very hot.

73. * *SAWCE for Wild Ducks.* Take one large Onion and a handful of Sage, which shred very small; season them with a little Salt, which rowl up with Butter into Balls: Put them in the Ducks and roast them. Take half a Pint of Red-Port, in which dissolve two Anchovies, a quarter of a pound or more of Butter, which

which thicken with two Yolks of Eggs: Put the Ducks into a Dish, pour the Sawce through them, pull out the Balls, so serve them.

74. * **SAWCE** for Capons and Turkeys. Take half a pint of White Port, a quarter of a pint of Gravey, and some Oister Liquor; a grated Nutmeg, 3 or 4 large Onions boiled tender, and cut or mash'd small; a little Pepper beaten, and 2 or 3 Anchovies minced small: Boil a quarter of an hour, with some grated White-bread, and a quarter of a pound of Butter, which put upon the Fowls being roasted.

75. * **SAWCE** for Wild Fowl. Take half a pint of Red Port, a quarter of a pint of Gravey, some Oister Liquor, and five or six Shalots: Boil a quarter of an hour with grated Bread, two Anchovies mixed, and a piece of Butter: Shake all well together, and put it to the roasted Fowls.

76. * **SAWCE** for Venison, or a Hare. Take half a pint of Red Port, almost as much Gravey, some Oister Liquor, and a large Onion stuck with Cloves, a Nutmeg sliced, and some whole Cinnamon: Boil till the Onion is boiled tender: Take out the Onion and whole Spice, and put in two Anchovies shred, and a piece of Butter, shaking all well together.

77. * **S A W C E** for Ducks, Green Geese. Take Juice of Sorrel half a pint, White Port a quarter of a pint, a grated Nutmeg, and some grated Bread: Boil a quarter of an hour, putting to as much Sugar as will sweeten it; add a few scalded Goosberries, or Grapes, and a

quarter of a pound of sweet Butter: Shake all up together, and put it to the roasted Goose, &c.

78. * **SAWCE** for Land Fowl, as Bustard, Partridge, Pheasant, Peacocks, Turkey, &c. There are several sorts for this purpose, as, I. Sliced Onions boiled, and stew'd in Water with Salt, Pepper, Gravey of Fowls, and grated Bread. II. Take two whole Onions, and slices of White-bread, which boil in fair Water, adding Salt, and a grated Nutmeg: Boil and strain; add some Gravey, two Yolks of Eggs beaten with juice of two Oranges, and boil to a good thickness.

III. Take Gravey of the Fowl, some sweet Butter, thin slices of Manchet, Salt, a little Pepper, and grated Nutmeg, with a Limon minced. Stew all together.

IV. Take Onions sliced and boiled in fair Water, a little Salt, some Crumbs of Bread, beaten Pepper, a grated Nutmeg, four or five Spoonfuls of White Port, Limon-peel finely minced: Boil all together, and at length put in the Juice of an Orange, Gravey of Fowl, and beaten Butter.

V. Beat Almonds or Halse-Nuts to a Paste with Bread, Juice of Oranges, Cloves, Nutmeg, Pepper, and a little Saffron, and strong Broth; strain, and boil them thick. VI. Take Currants, Prunes, Quinces, Raisons boiled, Bisket beaten: Beat all together well, adding White Port, Damask Rose Vinegar, Cinnamon, Cloves, Nutmegs, all in fine Powder: strain, add Sugar to liking, and boil it, but not too thick.

VII. Take Manchet freed from its Crust, slice and boil it in fair Water pretty thick, add White

Port half a pint, a little Wine Vinegar, Sugar and Butrer. VIII. Take Almond PASTE, Crumbs of White-bread, beat them together with some D. L. S. Salt and Ginger; add Verjuice, and Juice of Oranges, and boil it pretty thick.

79. * **SAWCE for Roast Pigeons.** There are several Sawces likewise for these. I. Gravey and Juice of Oranges. II. Gravey of the Pigeons only. III. Gravey, Red Port and an Onion, with a little Salt, stew'd together. IV. Sweet Butter and Juice of Oranges beat together, and made thick. V. Boiled Parfly minced and mix'd with Butter and Vinegar thick. VI. Sorrel roasted in the Pigeons, minced, and with a little Salt, boil'd in Red Port, adding at last Gravey and Butter. VII. Shred Onions boiled in Red Port, almost to dryness, adding a little Pepper, Salt, Nutmeg, Sugar, and the Gravey of the Pigeons.

80. * **SAWCE or Pickle for Tainted Venison.** Take strong Ale, and as much Wine Vinegar as will make it Tart. Boil it with some Salt, so as to make a strong Brine; scum it well. When cold, put in the tainted Venison for 12 hours, then press it out, boil it, and season it, and after bake it. This Pickle will preserve Venison not tainted.

81. * **SAWCE or Pickle for Tainted Venison.** Boil Water, Beer, and Wine Vinegar with some Bay-Leaves, Savory, Thyme, Rosemary and Sage, of each a handful, together: When it boils, put in your Venison, parboil it well, press it, season it, and so bake it, to be eaten either hot or cold.

82. **SCABS.** There is nothing better to remove Scabs than this following Ointment: Take Oil Olive a pound and half, Sheeps-suet a pound: melt and mix. To these add Flowers of Sulphur, Cinnabar in Subtil Powder, of each six ounces, Mercurius Dulcis in fine Powder four ounces, White Precipitate one ounce: mix and stir them about till they are cold: Keep this as an Ointment of special Use in all manner of Scabs, Breakings out, Blotches, or Blains; and if mixed with a little more Flowers of Sulphur, it is excellent for the Itch, and to hinder the biting of Bugs, or cure those that are Bit.

83. **SCALDS to Cure.** Take of the White Ointment three ounces, Yolks of two new-laid Eggs: mix them well and apply it. Or, Saccharum Saturni, mix'd with the Whites of Eggs, which may be applied with soft Flax, or Tow.

84. * **SCAMMONY.** The best is said to come from *Antioch*; and that is the best which is most resinous, and freest from Dirt and Filth. Given in Powder alone without Correctives, it is very apt to gripe the Bowels vehemently; and therefore is for the most part given prepared and corrected either by Juice of Quinces, or the Fumes of Sulphur, by which means that terrible griping Quality is either taken away or much abated, and then it loses the name of *Scammony*, and is called *Diagredium*. See the Preparation thereof in *Let. D. Numb. 33.* where you have all the ways of doing it, together with its Virtues and Uses.

85. **SCIA-**

85. * **SCIATICA.** The first Intention of the Cure of the *Sciatica* is, 1. To cleanse the Stomach with some gentle Vomit, three or four times, as with an ounce of Infusion of *Crocus Metallorum*, or *Tartar Emetick*, given from four to eight grains, at two or three days distance. 2. To purge the Patient well with our *Family Pills* four or five times, giving from three to six of them, early in the Morning. 3. To anoint the part afflicted with our *Unguentum Mirabile*, Morning and Evening, rubbing it in a pretty while at each time, and so continue this Unction for three or four Days, or more, as you see occasion, applying over the place anointed a Flannel, or rather a Plaister of *Diachylon*. 4. To take every Night, or every other Night (to keep the Belly of the Patient soluble) three, four, five or six grains of our *Cathartick Laudanum*, which does indeed do Wonders in this case, How this our *Balsum Mirabile* is made, see in the following, under the Title of *Sinews Weakned*.

86. **SCORBUTICK-SYRUP.** Take the Juice of Garden Scurvigrass three pints, fine white Sugar five pound: make them into a Syrup over a gentle Sand Heat.

The use of this Syrup is very successful, taken in scorbutick Maladies, from one spoonful to two in any scorbutick Waters, Mint, or Pennyroyal Waters, &c.

87. **SCORBUTICK-WATER.** Take Water Cresses, the Tops of Bawm, Agrimony, Germander, and Ground-pine, of each two handfuls; Fennel, and Aniseeds, of each half an ounce: Centaury the less, Wild Thyme, of each

a pugil, Scurvigrass six handfuls: let these be infused in Fumitory Water three quarts, White-wine a gallon: then strain them by pressing out the Liquor very hard; after distil it in an Ash-heat, and take two ounces at a time for Pains in the Stomach, Vapours arising to the Brain, Breakings out, Scurfiness of the Body, Nodes, or Knots in the Skin; and for carrying off all gross and ill Humours, by sweat, Stool, or Urine.

88. **SCOTCH COLLOPS,** of *Mutton or Veal.* Take your Meat and slice it very thin, beat it with a Rolling-Pin, hack it all over, on both sides with the back of a Knife, fry it with a little Gravey of any Meat, and lay your Collops into a Dish, over a Chafing-dish of Coals, dissolve two Anchovies in Claret-wine, and add to it some Butter, and the Yolks of three Eggs, well beaten, heat it together and pour it over them: Then lay in some thin Collops of Bacon fried, some Sausage Meat fried, and the Yolks of hard Eggs fried after they are boiled, because they may look round and brown, so serve it to the Table.

89. **SCOTCH COLLOPS,** another. Take thin slices of a Leg of Veal, beat it with the back of your Knife, lard one half with Bacon, season it with Sweet Marjoram, Thyme, Nutmeg, Mace, Pepper and Salt, and a little grated Bread; fry them brown with fresh Butter; when it is brown, clear out all the Butter, put into the Frying a ladle full of strong Broth, two Anchovies, the Juice of a Limon, half a pint of White-wine, a quarter of a pound of fresh Butter,

ter, two or three Yoks of Eggs; let it stand over the Fire till it is thick, so serve it up, with Limon sic'd. Forc'd Meat-Balls you may, if you have them, put into the Pan, with the Artichoke Bottoms and Mushrooms.

90. SCOTCH COLLOPS.

Take Veal, cut into thin slices, heat it with the back of a Knife, season it with Nutmeg and Salt; slice two Onions into a Porringer of Water, let them steep therein half an hour; then take out the Onion, and put the Water into the Frying-pan, with a piece of Butter; when it is hot, put in the Veal and fry it, and take for Sawce some Claret, a little Vinegar, and one Anchovy dissolved into it, with a Blade of Mace; beat the Yolks of three Eggs, and put to the Wine; put altogether in the Pan with the Meat, stir it about a little; then dish, and garnish the Dish with Limon, and fry some thin slices of Bacon and lay upon it.

91. SCOTCH COLLOPS

another. Cut a Leg or two of Mutton into thin slices, which heat very well, put them to fry over a very quick Fire, in a Pan first glazed over, with no more Butter melted in it, than just to besmear a little at the bottom of the Pan; turn them in due time; there must never be but one row in the Pan; nor any slice lying upon another, but every one to the Pan: When they are fried enough, lay them in a hot Dish, covered over a Chafing-dish, and pour upon them the Gravey that runs out of them into the Pan: Then lay another row into the Pan to fry as before, and when they are enough, put them into the Dish to the other. When

you have enough by such Repetitions, or by doing them in two or three Pans all at a time, take a Porringer full of Mutton-Gravey, and put into it a piece of Butter, the bigness of a Walnut, and a quarter of an Onion, if you will (or rub the Dish afterwards with Garlick) and Pepper and Salt, and let this boil to be very hot: then throw away the Onion, and pour this into to the Dish upon the slices, and let them stew a little together, squeeze an Orange upon it, and serve it up.

92. * SCORBUTUS. *The*

Scurvy. It is a Disease Epidemical to the Dutch. *Blanchard* says it is of two kinds, either *Salino-Sulphureus*, when the Sulphur is predominate to the Salt: Or *Sulphureo-Salinus*, when the Salt is predominant to the Sulphur, and is either in the Blood or Nervous Juice. But to speak more intelligibly, the Scurvy 'tis true is twofold, 1. That in a *Cold Constitution*, the Cure of which must be performed wholly by hot Antiscorbuticks. 2. That in a *Hot Constitution*, and then the Cure must be performed by cold Antiscorbutick; the not understanding of which has been the Cause, that many great Physicians have miscarried in undertaking the Cure of this Disease. The Symptoms of it generally are, Livid Spots on the Arms, Thighs and Legs, Weakness of the Limbs, and of the whole Body; Stinking Breath, Looseness of the Teeth, with bleeding and soreness of the Gums, Convulsions, Pains in the Limbs, Rheumatism, Colick, Sickness at Stomach, Faintings, &c.

93. * SCOTCH COLLOPS. Slice Veal, and lard it with Thyme and Bacon; fry it in a Pan with Butter: take it out, clean the Frying-pan; put it in again, and take some strong Broth or Gravey, an Onion and grated Nutmeg; shake it over the Fire, and thicken it with the Yolks of Eggs.

94. * SCOTCH COLLOPS. Take as much as you please of a Leg of Veal in slices; beat them with a Rowling-pin, lard it with fine cut Limon-peel, Bacon and Thyme. Take sweet Marjoram, Parsly, Savory, Thyme, young Onions, Salt, Pepper and Nutmeg; with which rub the Meat very well; dip the Meat in Yolks of Eggs, and a little Flower; fry them in a little fresh Butter: When enough, take them out of the Pan, and having a little strong Gravy ready, add a Glas or half a Pint of Red-Port, two or three Shalots, and Juice of a Limon, in which dissolve some Anchovies; stew between two Dishes; beat a piece of Butter with the Yolk of an Egg, thicken it up, and pour it on your Meat, with crispt Bacon, fried Oysters, Mushrooms, Veal Sweet-breads pull'd in pieces, and forc'd Meat-Balls.

95. * SCROTUM, *The Cods.* It is that Bag which continues the Testicles of the Male, and consists of a Skin, a fleshy Panniculus, and two Tunics; of which the outer-most is called *Elytroides* or *Vaginalis*; the inner-most is called *Albuginea*. In the middle of it is a Line, extended in the length, which divides the Right Part from the Left, and is called *Septum*. And for its more easy Distention or Contraction, 'tis supposed to be void of Fat.

96. † SCURVY-GRASS. It is of two Sorts, viz. the Garden, and the Sea. They are hot and dry in the fourth degree, good Cephalicks, Neuroticks, Stomaticks and Hystericks, full of a subtil and volatil Salt, which absorb Acidities, dissolves Congelations of the Humors, and cure those Diseases which proceed from too great a quantity of fix'd Salts. They are peculiar in curing the Scurvy in a cold Habit of Body; but if given to Scorbuticks of a hot Constitution, do much Mischief, and set the whole Body into a Flame. Of the two kinds, the Garden kind is most transcendent and valuable, and always to be chosen, where it may be had.

97. SCURVY-GRASS Bath. Take Scurvigrafs and Fumitory, of each a handful; Fennigreek-seeds three ounces and a half; Flowers of Mellilot two handfuls, and of Camomil one handful; Mallow-roots, Brooklime, and Mugwort one handful and half; the Seeds of Water-Bettony, and Parsley, of each three ounces and half; Bay-leaves a handful; boil these in two gallons of fair Water, to the Consumption of a quart.

This removes hard Swellings and Pains in the Joints, allays the Pains occasioned by excessive heat, restores shrink'd Nerves or Sinews; and is good in easing Pains of the Gout, being applied to the grieved Part.

98. SCURVY-GRASS-ALE. To fix gallons of Ale, take of Sena half a pound, Rhubarb one ounce and half, Polypody of Oak three ounces, Winters Cinamon five ounces, Bay-berries three ounces, Aniseeds three ounces, sweet Fennel-seeds two ounces, Jun-

Juniper - berries two ounces, Horfe-Radish three ounces, Liquorice three ounces, Sevil Oranges one dozen: Cut them in Pieces and put these Ingredients into a thin Bag with a Stone in it to sink the Bag. Take one quart or three pints of the Juice of Garden Scurvigrass, Clarifie it over the Fire, and when it is cold, put it in the Ale and run them, letting them work together twenty four hours; then stop the Vessel close, and after six Days, drink one pint warmed fasting, as that works you may add or diminish.

When the first Vessel is out you may fill it again with Ale and fresh Oranges, and Scurvigrass, so likewise a third time.

99. SCURVY-GRASS, its Effence. Take Scurvigrass, Fumitory, Germander, and Wormwood, of each three handfuls; of Orange-peel, six drams: digest them with Spirit of Scurvigrass, so much as suffices, to the Extraction of their Tincture, and let them be strongly pressed out, and put of the former Herbs and Powder into the straining; and do this three or four times: and when it is clarified by setting, add of the Spirit of Cinamon eight ounces; Spirit of Tartar nine drams; mix them, and take it from twelve to twenty drops in Ale, Beer, Wine, or any other convenient Liqueur.

This is good against Fits of the Mother, Falling-sickness, Oppressions of the Stomach, Afflictions of the Matrix, and causes Urine.

100. SCURVY-GRASS Physick-Wine. Take Water cresses, and Wall-rue, of each one handful, Wild Radish-roots, and Roots of Polypody, of each two hand-

fuls; Myrrh and Jalap, of each one ounce; the Leaves of choice Sena one ounce, the inward or yellowest Rind of an Orange two ounces, best Cinamon one dram and a half, crude Tartar three drams. These being cut, and grossly bruised, put them into a thin Bag, sow them up, and pour upon it two quarts of White-wine; let it stand eleven Days, draw it off, and take three ounces, or more, according to the Strength of your Body.

This purges Choler, and Melancholy, cleanses the Stomach, and eases Pains in the Bowels, causes gentle Sweats, and cleanses the Blood.

101. SCURVY-GRASS WINE: Take the Juice of Scurvigrass, Water-cresses, Brooklime, Sorrel, all depurated; of each half a pint; Rhenish-wine two quarts, Roots of Horfe-Radish, Elecampane, Flower-de-luce, cut into thin slices, of each an ounce and half; two Nutmegs bruised: Put all into a Stone Bottle, stop it very close, and keep it in a cold place for use.

Taking Morning and Night a quarter of a pint, it cures the Scurvy to a wonder, and purifies the Blood.

102. SCURVY-GRASS WINE, another. Take of fresh Scurvigrass four handfuls, beat it very small, pour upon it two quarts of Rhenish Wine, let it stand in a cool place three or four Days; then strain it, and let it settle, and so draw it off from the dregs.

Drink of this half a quarter of a pint fasting, and it will purifie the Blood, help Digestion, take away

way pricking Pains, and Heats, or Flushings in the Face or Body, provoke Urine, and evaporates noxious Humours by Sweat.

103. * **SEASONING Geese, Pigeons, Turkeys.** Bone them, or break their Bones very well, and season them with Salt, Pepper and Nutmeg, both within and without: Stick some whole Cloves in their Breasts, fill them with Butter, and put them in Crusts; lay Butter all over the top, put on their Covers, and so bake them. When baked, fill them up with clarified Butter. A cold Dish.

104. * **SEASONING LAMB or VEAL.** Cut it into small pieces, season it as the former; then fill the Pye, and put in if you please large Currants, Raisons of the Sun; of each a pound; lay some Butter on the top, close it up, and bake it. If you serve it hot, put in a pint of Gravey; but if you eat it cold, put in more, and fill it up with clarified Butter.

105. * **SEASONING Minced Pyes.** Take a Neats-Tongue, little more than half boil'd; peel it, cut it into slices; and when cold, weigh it: Take of this Neats-Tongue, Beef-Marrow, Beef-suet, Veal, of each a pound; chop all very small upon a Chopping-Block; season with a little Salt, Cloves, Mace, and Nutmeg beaten very fine, and add D. L. S. to your Palate; add large Currants four pounds, Raisons of the Sun one pound, Pip-pins hack'd half a pound, the Juice of two Limons, Canary and Red-Port; of each half a pint, and some Dates sliced thin: mix all very well together, then fill your Pyes, and so bake them, but not too much.

106. **SEA-FOWL** of all sorts *Bak'd.* Take a Swan, Whooper, or any other Sea-Fowl, and parboil it, then bone it, and after lard it; take four ounces of Salt, three of Nutmegs, two of Pepper; season your Fowl therewith, bake them in Rye-Paste made up stiff with boiling Liquor, if you will eat it cold; if hot, use but half the seasoning, and bake them in fine Paste liquored with Claret, Gravey, Butter, an Onion, Capers, or Oysters. Thus you may bake Wild Geese, Tame Geese, Herons, Curlews, Gulls, Muscovy-Ducks, Shovellers, &c.

107. **SEA-FOWL** to Boil, or Stew. Take a Swan and bone it, leaving only the Legs and Wings; making a farcing of some Beef-suet, Mutton, or Venison, minced with Sweet-Herbs, beaten Nutmeg, Pepper, Cloves, and Mace, and have some Oysters parboiled in their own Liquor, and some raw Eggs mix'd with the minced Meat; fill the Body of the Fowl, and prick it upon the Back; boil it in the Stewpan, putting thereto strong Broth, White-wine, Mace, Cloves, Oyster Liquor, boiled Marrow; boil these well together, and have Oysters in the mean time stewed by themselves with Onions, Mace, Pepper, Butter, and a little White-wine: Next have the bottoms of Artichokes ready boiled, and put to them some beaten Butter, and boiled Marrow; dish up your Fowl on Sippets, and garnish it with stewed Oysters, Marrow, Artichokes, Gooseberries, sliced Limon, Barberries and Mace; let the Dish be garnished with grated Bread and Oysters. Thus you

you may boil or Stew; Duck, Mallard, Widgeon, Bittern, Hern, Curlew, Whooper, Crain, Wild or Tame Goose; Teel, Gulls, Shoveller, Sheldrakes, Pewits, Barnacles, Puffins, &c.

108. * *SEDUM*, Houseleek: It is very Cooling, and Astringent, and used in Cholerick Fevers. The Juice being mixt with Sugar and drank, abates the Feverish heat, moistens the Throat, and quenches Thirst. Rags dipt in the Juice, and applyed to any Inflammation, especially in a Frenzy, give relief in a short time. The Juice or Herb, constantly applyed for some time, cures Corns and Warts: Injected up the Womb, cures Ulcers thereof, as also in the Urinary Passage. The Leaves applyed to the Tongue in Fevers, when 'tis chapt and dry, being often repeated, cools and moistens it. Take of the Juice one spoonful, of White-Port, two spoonfuls, mix them, drop one or two drops into the Eyes, if sore or inflamed, and apply a double Linnen Rag dipt in the same over them: It will cool and ease them. Take of the Juice 4 ounces, Yolks of two Eggs, Litharge in fine powder, one ounce; Grind them in a Leaden-Mortar, and make a Liniment, good against Inflammations, and to cure old Sores and Ulcers, yea, of the Privy Parts.

109. SEED - CAKE: Take six pounds of fine Flower, 5 pounds of Currants, one pound of Raisons of the Sun ston'd and minc'd, one pound of white Sugar, two pounds of Butter, a quarter of an ounce of large Mace, Nutmeg beaten very well in, a pint and half of Cream boiled, half a pound of sweet Almonds blanch'd

let the Cream stand till it is almost cold, put to it three quarters of a pint of Sack, and so mingle it with the rest: Into the Cream or Sack, put a Grain or two of Ambergrise, and dissolve it; put in also a quarter of a pound of Carraway-Comfits, a little Citron sliced, a quarter of a pound of Dates sliced and minced, a quart of the best Ale-Yeast, six Eggs well beaten, mingle all together, as for an ordinary Pudding; when the Oven is pretty hot, put in the Cake, and let it stand two Hours and a half. Note, If you put in no Fruit, then mix the Comfits with the Cream, Sack and Yeast, and so work it up; the Sweet-Meats must be put into the Cake, just as you put it into the Oven; then you may put in any wet Sweet-Meats, as Cherries, Raspberries, or what you think fit: Only let this be observed, that wet Sweet-Meats must be put into the Cake just as you put it into the Oven, for fear they should dissolve before it is put into the Oven; therefore put it in with all the speed you can.

110. * *SENA*: The best of it is that which is brought from *Alexandria in Egypt*. It purgeth Choler, Phlegm, and Melancholy; it cleanseth the Heart, Liver, and Brain, also the Spleen and Lungs, and all parts of the Body; it is profitable for all Accidents of them: It openeth the Bowels, and delayeth the Injuries of growing old Age, causing Exhilaration, or Joy in the Mind. The Leaves decocted with Camomile, are exceeding good to wash the Head for the Fortifying the Brain and Sinews, Sight and Hearing; as also, in all such

Disea-

Diseases as proceed from Melancholy Humors: likewise from Ulcers, or Palsie, Head-ach, and Falling-Evil, It fortifieth the Heart, especially when mixed with some Violets and Cloves, boiled in White-Wine; and being mixed with Infusion of Roses, or Laxative Syrup of Roses, it is an excellent Purge for all evil Humours. There is a Syrup made of *Sena*, and an Universal Cathartick, which is said to cure all Diseases, which is thus made: *Take one large Limon, which cut into very thin slices (Peel and all :) Cinamon grossly powdered one dram; Alexandrian Sena, two drams: Salt of Tartar a scruple: Infuse for one whole Night, in one pint of Distilled Cinamon - Barley-Water, or Cinamon - Milk-Water, and in the Morning strain through a Linnen-Cloth: in the straining, dissolve fine strained Manna two ounces: The whole quantity take at twice in about two Hours space. This Purge is equally pleasant in any Cordial Water, and works gently, yet effectually to all the Intentions it is given for; and may be given to all Ages, Temperatures, and Sexes, proportioning the Dose. It purges all Humours, and is an excellent Antiscorbutick, Antiarthritick, and cures Hypochondriack Melancholy.*

III. * SEPTEMBER, Dishes in Season. I. The First Course.

1. A Pottage, Boiled Fish, Olive-Pudding, Mutton Roast. 2. Or these; Calves Head Hash'd, Salmon boiled, Lamb in Joints, Marrow Pudding. 3. Or these; Chickens and Bacon, Lamb Frigafec'd with Artichokes, Sweet-Breads and Livers, Mutton Roast. 4. Or these; Lamb with Spinage and Goosberries, Bread Pudding,

Griskins of Beef, Shoulder of Mutton. 5. Or these; Chickens and Rabbits roast, Calves Head hash'd, Asparagus, Potted Eels, Cheese-cakes. 6. Or these: Two Pullets stuff'd with Oysters, Lamb in Joints, Clary in Cakes, Trotter-Pye. II. The Second Course. 1. Roast Chickens, Skirrets boiled, Tarts, Calves - Liver larded. 2. Or these; Roast Geese, Almond-Puffs, Rabbits roast, Asparagus. 3. Or these; Woodcocks with Toasts, Marrow Pudding, Spinage and Sorrel, Tarts, Forced Trouts. 4. Or these; Pullets with Eggs, Neats Tongues and Udders, Potted Partridge, Almond Cheese-cakes. 5. Or these: Beef-stakes, Turkeys boild, Tarts and Apple-Pyes, Mutton-Cutlets, Custards and Cheese-cakes. 6. Or these: Calves-Head Hash'd, Baked Pigeons, Mutton Collops broiled, Roast Pig, Roast Beef.

112. * SHARPNESS of Urine: Take the dried skin that peels off the Kernels of Wall-Nuts, beat them to a Pouder, and take about a Dram at a time in a draught of White-Wine or Posset-Drink, or in some other convenient Liquor.

That which fully answers all this Intention, is our Pulvis Antitebriticus, which not only Cools, and alleviates the Sharpness; but also fully takes away the Pain, and withal causes a free Liberty of Pissing. Dose from half a dram to a dram, at Night going to Bed, in a Glass of White-Wine, and if the Pain is vehement, the like quantity may be given in the Morning also: continuing it for some days till the Cause is wholly removed.

113. SHEEPS-TONGUE-PYE. Boil them tender, blanch and cut them into thin slices, season them

them with Cinamon, Ginger, and a little Pepper; put them into a Crust with fine Paste, sweet Butter, and a few sweet Herbs, minced small; whilst it is a Baking, take a little Vinegar, Butter, Nutmeg, Sugar, the Yolk of a New-Laid Egg, one spoonful of Sack, and the Juice of Limon; boil all these together on a Chafing-Dish of Coals, and put it into your Pye, shog it well together, and serve it up.

114. * SHEEPS - TONGUES *with Oysters Boil'd*: Take 6 Sheeps-Tongues, boil them in Water and salt, till they be tender; peel and slice them thin, put them into a Dish with a quart of great Oysters, a little Claret-Wine, and some whole Spice, let them stew together a while, put in some Butter, and the Yolks of three Eggs well beaten, shake them well together, lay some Sippets into a Dish, and put your Tongues upon them; Garnish your Dish with Oysters, Barberries, and raw Parsley, and serve it in.

115. * SHIN *Broken*: Take Tar, and lay it on the Sore, it will both dry and heal. It has sometimes drawn many little Worms out of the Flesh, which has been long Sore and Fester'd. It cures Sores not easie to heal.

116. SHOULDER *of Mutton to Roast*. Take some grated Bread, a few Oysters, sweet Herbs, a little Nutmeg and Salt, and some Beef-suet chop'd small; mix them with some Sheeps Blood, and stuff the inside of the Shoulder therewith, then Roast it; for the *Sauce*, take three Anchovies, some Gravey, an Onion cut in two, a little Claret, and a Crust of Bread, stew it together;

strain it, and put in a little piece of Butter: For a Leg of Roast Mutton, put to it some minc'd Capers.

117. * SIGHT-WEAK: Take inwardly every Morning, Noon, and Night, fifty or sixty drops of Powers of Rosemary, in a Glass of White-Port-Wine, or choice Canary; and wash three or four times a day, with our *Aqua Regulata*, or Eye-Water; these being used to one and the same Patient, wonderfully strengthen the Eyes, and restore decayed sight.

118. * S I N A P I, Mustard: The Seed comforts, warms, and strengthens the Head, Brain, Nerves, and Stomach, and excites Appetite. It is good to provoke the Courses, resist Vapors, and help Hysterick Fits. It prevails against the Falling-sickness, Lethargy, Palsy, and other like Diseases of the Head and Nerves; and is profitable in those cases, being used as an Errhine. In a Clyster, it gives ease in the Colick and Stone, and provokes Urine. It stirs up Lust, and quickens the Seed; is good against Colds, Coughs, and Catarrhs. The Seed beat in a Mortar, and infused in White-Wine, has Cured and Preserved the Lives of many hundred who were affected with a cold Scurvy, or a Scurvy in a cold Habit of Body, and such as have lain a long time in a Languishing condition, or have fallen into a Dropsy.

119. * SINEWS *Weakened*: If these are any ways bruised, pained, or swelled, Take Lavender, the Stalks, Leaves, and Flowers, cut them small, put them into White-Wine, and dis-

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still them through an Alembick, washing the Parts griev'd with the said Water, and drink about two ounces of it Morning and Evening, and wash the Fore-head and Temples with it, in case of any Pains there, by reason of any Afflictions of the Brain, from which the Sinews and Nerves originally proceed.

There is no Medicine yet known in the World, equal to our Balsamum Mirabile, which gives relief in these Cases, in a quarter of an hours time, or in something more. It is thus made. Take choice Turpentine three ounces; Oil of Vitriol one ounce and half, mix and dissolve, by stirring them together till they are black, then add to them gradatim, three ounces of Oil-Olive, mix well and decant: to what remains, add Oil of Vitriol one ounce and half more, mix again very well, adding gradatim, Oil-Olive three ounces: stir them well together, till all is perfectly dissolved and incorporated, which then add to the first mixture, and keep them continually stirring till the matter is cold. You are only to rub this Balsam upon the place pained or griev'd, Chasing it well with your Hand, then lay over it a Diapalma Plaster, to keep it from your Linen; by anointing with this three or four times, the Patient will be perfectly well, and it will give ease in less than half an hours time: Use it one, two, three or four Days, as you see occasion.

120. * SISR, SKIRRETS.

They are sown in Gardens, but the usual way of Propagating them, is to Plant or set the lesser Roots in February or March, before they spring. The Greater being to be eaten at that time, boild and distill with Butter, Salt, and Pep-

per, the middle or Pith being first taken out. Cordus says, it is the most wholesome Root that is eaten, it is hot and moist, Concocts easily, and Nourishes well. They are very sweet, and delight in a fat Mould, Planted in Ranges 5 or 6 Inches asunder, which if Water'd in a dry season, will yield a plentiful Increase the succeeding Winter, which they will endure very well. They may be taken up at any time before the Spring is too forward, if not prevented by Frost; and when the Roots are raised, the tops are to be covered in Earth for a further increase.

121. SLEEP to Procure: Take Water - Lillies half a handful, Opium one dram; steep these, the Lillies being bruised, in three pints of Malmsey, twenty four hours, then put in an ounce of Volatile Salt of Tartar, finely beaten, Poppy-seed a Dram, Lettice-seed three drams, distil them in Balneo Marie.

122. S N O W to make: Take one quart of Cream, six Whites of Eggs, put thereto as much D. L. S. and D. R. W. as you please, beat altogether very well, till a white Froth ariseth; then take a Penny White - Loaf, cut off the Crust of it, and put in a Platter, and stick a large Branch of Rosemary in the midst of the Loaf, and with a spoon lay on the Snow on the Rosemary.

123. S N U F F the Best: Take the best Virginia Tobacco, Rosemary Flowers, tops of Marjoram equal parts, and Lilly of the Valley half as much as of all the rest, a little Castor; make all into Powder, keep it in a Fire-Room.

124. **SOALS** *to Dress finely*
Fried: Take a pair of large Soals, and flay them on both sides; fry them in sweet Suet, tried up with Spice, Bay-Leaves, and Salt, lay them into a Dish, and put to them some Butter, Claret-Wine, and two Anchovies, cover them with another Dish, and set them over a Chaffing-Dish of Coals, and let them stew a while; then serve them up to the Table, Garnish your Dish with Orange or Limon, and squeeze some over them.

125. * **SOALS** *to Marenate*: Take the largest Soals, beat them with your Rowling-Pin; take as many Yolks of Eggs and Flower, as they may be dipt in on both sides: put into the Frying-Pan as much Sweet Oil as will cover the Fish, and fry them yellow or brown: take them up, lay them on a Fish-Plate to drain, and when cold make this Pickle: Take Salt, Pepper, Vinegar, White Port, Cloves, Mace and Nutmeg; boil all well together; put the Liquor into a broad Earthen Pan, that the Fish may lye at full length in it, for five days: Garnish with Limon-peel, Pickles, Mushrooms, &c.

126. **SOALS** *Roasted*: Take and draw them, skin and dry them; take sweet Marjoram, Thyme, Winter-savory, and a Sprig of Rosemary, mince these small, add to them some Salt and grated Nutmeg, and season your Soals therewith moderately, lard them with a fat fresh Eel, and after this steep them an hour in White-Wine, and Anchovies therein dissolved; take them up, and upon a small Spit roast them, put the Dish wherein they were steeped under them, baste them

with Butter, and being enough boil up the Gravey, and what is dropt into; then dish them, and pour this Sawce upon them, laying on some slices of Limon. *Vid.* more in Flounders.

127. * **SOAP** *Hard to make*: There are several sorts thereof, viz. 1. *Hard Soaps*. 2. *Soft Soaps*. Of the Hard sorts there are these, I. *Indian Soap*. It is made of a *Lixivium* of Pot-Ashes, so strong that an Egg will swim thereon, of which they take 20 pounds; of Goats or Sheeps Tallow two pounds; these they boil together for an hour, or so long till being cold, it comes to a due consistency, which is then strained through a Linnen Cloth, into a broad Earthen or Pewter Vessel, and being cold, is cut out into Bricks. II. *Venice, Naples, or Genoua Soap*. They take 16 pounds of the same *Lixivium*, and two pounds of Deers-suet, which they boil to a Consistency as before, then form it into Bricks when dry. There are other hard Soaps, as the *Castile, Marselles, &c.* all made in the same manner, only differing in the Proportion of the Ingredients, and time of boiling.

128. * **SOAP** *Soft to make*: I. *Our Common Crown Soap*. First a *Lixivium* is made of Oak or Beech Ashes, or rather of Pot-Ashes 3 parts; and of Quick-Lime one part. The Pot Ashes are moistned a little, and then mixt with the Quick-Lime, Lay upon Lay, or rather the Quick-Lime is covered over with them, which is left so long in a large Fat, till the Lime falls asunder, and all is mixt together, ceasing to make a Noise. Then more Water is put on, that the Mass may

may become moister ; and with a sufficient quantity of boiling Water more, a strong fiery *Lixivium* is made, which they call the *Magistral* or *Capital Lye* or *Lee*, and is so strong that an Egg will swim on it ; this is drawn off. Then of the same mixture another Lye is made, (not quite so strong) with boiling Water ; with which Oil, Lard, Fat, Kitchen-Stuff or Tallow is mixt, which is boiled with a soft Fire till they wax White ; then the Capital Lye is added in treble proportion to the said Oil, Lard, Fat, &c. and the boiling is continued, till they are Coagulated, and all Compacted in one Body ; then Tryal is made of it by the Tongue ; if the Taste is Sweet, you must add more of the Capital Lye ; but if Biting, it must boil till it has swallowed up the Oil, Lard, Fat, Kitchen-stuff, &c. but if it is more than ordinary Pungent, more Oil, Lard or Fat, &c. must be leisurely and at discretion added, and so to be boiled till it begins to Roap, and run Transparent, or Clear from the Ladle, and the boiling to be continued for the space of three hours. II. *Black Soap*. It is made with strong Lye as aforesaid, saving that instead of using Sweet Oil, Lard or Fat, &c. they only use Train Oil, and is brought to its due consistency by convenient boiling.

129. * *SOAP BALLS Perfumed* : Take white *Venetian*, or *Genova Soap* 4 pounds, impalpable Powder of Florentine Orrice-root, one pound ; white Starch in fine Powder 12 ounces ; Salt of Tartar six ounces, *Sperma Ceti* four ounces ; mix all well together, by long beating in a Stone Mortar with a Wooden Perle, ad-

ding *D. R. W.* a sufficient quantity to dissolve the Salt of Tartar, impregnated with Musk ; and at the end add Oil of *Rhodum*, and Chymical Oil of Sweet Marjoram, of each 6 ounces ; Musk and Civet of each three Drams ; mix, and make it up into Balls.

130. * *SOOP BROWN* : Take a large Neck of Veal, a Neck of Mutton chopt. to bits, a pound of middling Bacon, four Blades of Mace, six Cloves slit, some bruised Pepper, 2 or 3 Onions, and a Bunch of Sweet Herbs ; boil all gently in a little more Water than will cover them ; when all the Goodness is boiled out, strain the Broth out from the Meat ; then cut three pounds of Beef in pieces, beat and Flower it, put a piece of Butter into your Pan, let it boil up in the Pan, Fry it brown, put in the Liquor strained from the Meat, you may put in two Ducks, half Roasted before they are put in, and when they are ready, put them in the middle of the Dish, with a handful of Spinage and Sorrel cut, but not small, let them Stew till they are enough, with Cocks - Combs, Palates, Sweet-Breads pulled in pieces, Mushrooms, &c. stir all in with a little Fryed crisp Bread.

131. * *SOOP GOOD* : Take a Leg of Beef, a Knuckle of Veal, the fat end of a Neck of Mutton, chop them to pieces, make strong Broth of them with a Crust of Bread, strain the Broth away into an Earthen Pot, put to it a pint of White - Port, with a Bunch of Sweet Herbs, good store of Spinage. Take a Puller, Lard it with Bacon, boil it in the Broth, and when enough, pour it into a Dish, with the Juice of

an Orange or two, and beat as many Yolks of Eggs as will thicken it, and keep it stirring about, for fear of Curdling, then put your Fowl in the middle of the Dish, with the Broth and Sippets.

132. * **SOOP WHITE:**

Take 4 pounds of Neck, or course Beef, 3 pounds of Mutton, seven quarts of Water; boil very slow, for two hours, and scum it very clean; take up the Meat in a Tray, with a little of the Broth, beat out all the Goodness of the Meat, and put in the Broth again. Cut off a pound from each piece, to put in the middle of your Dish, take 2 spoonfuls of Oatmeal, some few Corns of White Pepper, and a little Salt, half a pound of Bacon, a Parsnep, a Turnep cut in pieces, and half your Soop Herbs, viz. Sorrel, hard Lettice, white Beet, Cabbage, Savoy and Leeks, the quantity of two good handfuls in all; cut them gross; put in half of them at ten a Clock, with the Liquor, and about eleven put in the other half, to let it boil till twelve, or till enough: pour it into your Soop-Dish, with the pieces of Meat in the middle. Let it stand over the Stove till one of the Clock, then slice in a Penny Loaf, and 5 Yolks of Eggs beaten with a little of the Liquor; stir all well into the Soop: Garnish with Bread Toasted Brown, and Grated round the Brims.

133. **SOOP, or P E A S E-Porridge to make:** Take a Leg of Beef, or other fresh Meat, and make of it strong Broth; take two or three quarts of Hull'd Pease, and boil them by themselves to a Pulp with a little

piece of Bacon; then take Sorrel, Spear-Mint and Parsley chopt, put it into the strong Broth, and stew it over some Coals, with a quarter of a pound of Butter; thicken it with the Pulp of the Pease, and stir it: when you put them together, put in some French Bread with a little Salt, Pepper and Butter when you eat it.

134. **S O O P to Make:** Put a Loaf of French Bread into two quarts of strong Broth, put into it Balls of Forc'd Meat, season it with whole Pepper and Salt, a handful of Spinage, and two of Sorrel; let it boil one quarter of an hour, then put in a quarter of a pound of sweet Butter, beat it up thick together, and so serve it up.

135. * **S O O T, Fuligo:** It is extersive and sharp, not often used alone. Country Woman drink it to 8, 10, or 12 Grains or more in Water, against Fits of the Mother, and apply it outwardly, mixt with Lard and Bees-Wax to the Wrists, binding it pretty hard on, for the Cure of Agues and Fevers. Its Spirit given to 30 drops, cures Vapors and Hysterick Fits, mightily strengthens and cherishes those that are ill; so also the Oil, which is more effectual, and cures the Epilepsy; Dose from 2 to 4 Drops, dropt into Sugar, and drank in a Glas of Generous Wine, or other fit Liquor. The Salt, has the same Virtues, cures exulcerated Cankers, if dissolved *per deliquium* in a Cellar, outwardly applyed, it often draws the Poison out visibly, and the Oil as Hartman says, consolidates a Wound in 5 or 6 days. A Tincture: Take Soot, Asa Fœtida

cut into small bits, of each equal parts; or an ounce: rub them well together in a Mortar; put to them a pint and half of choice Brandy, dissolve them in it as much as may be with the Pestle, or your Finger; put all into a Glass Bottle, in which let it digest 14 or 20 days in a gentle heat, shaking the Bottle every day. Then let it stand upon the Forces. Where Note, that the Soot ought to be Ropsey Soot if possible. This Medicine is a Cure for the Falling-Sickness, and therewith I have Cured several, so perfectly, as the Fits never returned any more. It also cures Vapours, Fits of the Mother, Convulsions and the like. Dose 30, 40, or 60 drops in Wine, or Water, or any other fit Vehicle, every Morning and Night.

136. * SORES: Take a Solution of Sublimate, and having made with Quick-Lime a strong Lime-Water that will bear an Egg, drop it gradually on the Sublimate, till it will precipitate no more reddish stuff at all; and when you perceive the Liquors act no longer visibly upon one another, pour the Mixture into a filter of Cap-Paper, which retaining the Orange Colour precipitated, will transmit an indifferently clear Liquor, which must be kept close stopped in a Glass Vial, viz. to wash the Part griev'd.

This is exceeding good in old Sores, Ulcers, Breaking-out, and other such like Diseases.

137. SORES of the MOUTH to Heal: Take Bramble Leaves, and boil them in Wine, wherein Honey has been dissolved, add some Roch-Alum in Powder, press out the Liquid part very hard, so suffer it to stand and cool;

and with this Decoction wash and gargle your Mouth, and Throat if it be Sore.

138. * SORE NOSE. This often happens through the Effects of the French Disease, not perfectly cured, and many times in the Mouth, as well as the Nose. For remedy then;

Wash the Sore or Part affected, with the Sublimate Water aforegoing in the Title of Sores, Numb. 136, after which, you may anoint it with this Ointment. Take Mercurius dulcis Levigated two ounces; White Precipitate one ounce, Sheeps Suet half a pound, Oil Olive one pound, Turpentine four ounces; mix, and make an Ointment.

139. SORES OLD: Take *Aristolochia Longa*, *Albes Epatica*, of each an ounce; make them into a Ponder, and with Honey of Roses work it into a Paste; and having cleansed the Sore with Oil of Tartar, or the Decoction of Myrrh, spread some of the Paste on a Leather, or pliant Cloth, and lay it to the place griev'd; and in twice or thrice renewing it, you will find wonderful success in the Cure.

140. SORES Old to Cure, a Rare Water: Take half an ounce of Camphire, beat it very small with Brandy, and put it in an Earthen Pot; then pound two ounces of white Vitriol, and put on the top of it; and put the Pot on some Coals, and let it boil together till it be hard, keeping it stirred; then take it off, and let it cool; beat it small to a Powder, and beat likewise two ounces of ordinary Bole-Armoniack, and mix altogether; take a Pottle of running Water, and set it over the Fire, and as soon as it boils up, take it off

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and put into it three spoonfuls of your Pouder, putting it into a Glass Bottle until you use it; when you dress a Wound, warm a little of the Water in a Sawcer on the Coals, and wash the Wound with Linnen Cloth dipt in it; then take a Linnen Cloth, and wet it in the Water four times double, and apply it to the Wound, and so bind it up; this hath been highly commended.

141. SORE THROAT: Take a piece of Linnen Cloth, so much as being double, may make a Bag in the form of a Stay, to reach from one side of the Throat to the other, and contain as much Matter as may make it of the thickness of an Inch, or more: then filling it with common Salt, heat it thoroughly, and apply it to the Part affected as warm as may be well endured; and when it grows cold, apply another like it well heated, and so continue to do for forty eight Hours, if the Remedy be so long needed. This, makes the Kernels fallen down, retire to their proper places, and abates Swellings.

If the Soreness of the Throat proceed from the Foul Disease, so as that it is Raw or Ulcerated, you must Wash or Gargle it, three or four times a Day, with the Sublimate Water aforementioned, which you may see under the Title of Sores, Numb. 136. It will be very Sharp and Severe at first; but afterwards it will seem Mild and Gentle, and will do that Cure in a Fortnight's time, which by most other Medicines would scarcely be done in two or three Months.

142. * SORREL. *Acetosa:* There are the Garden, the Wild, and the Wood Sorrel. Of these,

it is the Garden we here intend. It may be raised from Plants which should not be set too near, being apt to grow large and spread abroad. But it is usually Propagated by Seed, which is of a Triangular Form, and almost of a Chesnut Color. It may be Sown in *March, April, May, June, July, and August, and September* beginning, provided time enough is left for it to grow big, to resist the Rigour of the Winter. It may be Sown either in Open Ground, or in Furrows, or in Beds, or Borders, in all which cases it must be Sown very thick, because many of the Plants may Perish. Its Seed is gathered in *July*. The Juice taken to the quantity of 2, 3, or 4 ounces, or more, profligates the heat of the most vehement burning, and malign Fevers, and resists the Poison of the Plague it self. It provokes Appetite, quenches Thirst, and represses the force of Cholera. But it is chiefly used in raw Sallets, Soops, and for making Green Sawce.

143. * SOLUBLE TARTAR. Take a pound, or 16 ounces of Cream of Tartar, half a pound of the fix'd Salt of Tartar; boil them in 3 quarts of Water, in an Earthen-Pot unglazed for half an Hour or more; being cold, filter it, and then Evaporate to dryness. You will have remaining at bottom 23 Ounces and a half of Salt. It is a Noble Aperitive, and Purges the Stomach and Bowels well: If Chalybs Preparatus be added in this Preparation, then it is called Soluble Tartar Chalybeate. But if Crocus Metallorum be added, then it is Tartar Emetick, which Vomits and Purges as well as the Common Emetick Tartar.

144. * SOUSED PIKE :

Boil the Pike in as much Water as will cover it, with Cloves and Mace, and a handful of Bay-Leaves, till it is as tender as a Straw will run through it; take it up, put into its Broth White-Wine a Pint, Vinegar to your Palate, and an Anchovey or two: when cold, put the Pike into the Soufe-Drink, which will Gelly if kept too long.

145. SPANISH O L E O

to make : Take a piece of Bacon not very Fat, but sweet, and safe from being Rusty; a piece of fresh Beef, a couple of Hogs-Ears, and four Feet if they can be had, and if not, some quantity of Sheeps-Feet. (Calves-Feet are not proper,) a Leg or Loin of Mutton, a Hen, half a dozen Pigeons, a bundle of Parsley, Leeks, and Mint, a Clove of Garlick; if you will, a small quantity of Pepper, Cloves and Saffron, so mingled, that not one over-rule the other; the Pepper and Cloves must be beaten as fine as possible; and the Saffron must be first dried, and then beat in Poulder, and dissolved apart, in two or three spoonfuls of Broth; but both the Spices and Saffron may be kept apart, till immediately before they be used; which must not be till within a quarter of an Hour before the Olio be taken off from the Fire; a Pottle of hard dry Pease, when they have been first steeped in Water a few Days, a pint of boiled Chesnuts; particular care must be had that the Pot wherein the Olio is made be very sweet; Earthen I think is the best, and Judgment is to be had carefully, both in the size of the Pot, and in the quantity of the Water, at the

first, that so the Broth may grow afterwards to be neither too much nor too little, nor too thick, nor too thin; the Meat must be long in boiling, but the Fire not too fierce; the Bacon, the Beef, the Pease, the Chesnuts, the Hogs-Ears may be put in at first; I am utterly against those confus'd Olio's, into which Men put almost all kind of Meat and Roots, and especially against putting of Oil, for it Corrupts the Broth, instead of adding Goodness to it: The Broth is rather to be drank out of a Porringer, than to be eaten with a Spoon; if you add some small slices of Bread to it, you will not like it the worse. The Sawce for the Meat must be as much fine Sugar beaten small to Poulder, with as little Mustard as can be made, to drink the Sugar up, and you will find it to be excellent; but if you make it not faithfully and just, according to this Prescription, but shall either put Mace or Rosemary, or Thyme to the Herbs, as the manner is of some, it will prove very much the worse.

146. * S P E C K L E S, or Shingles: For these, or Pimples, that are not Fiery or Angry, Take the Blood of a Hare warm, if you can get it, and the Oil of Tartar, and anoint the Face with it.

But the most excellent thing in this case is to wash the Face with Virgins - Milk, Morning, Noon, and Night, and after it is dried in at Night, to anoint the Face with this Ointment: Take Sheeps-Suet a pound, Oil Olive a pound and half: dissolve and mix, to which add Oil of Tartar per deliquium five drams,

on one ounce : mix them till they are cold ; this done, dissolve the whole in warm Water, and wash the Ointment by beating till it is cold, which then you are to take off from the Water and keep it for use. How the Virgins Milk is to be made, see hereafter, under the Title of Virgins Milk.

147. * SPECIFICK PURGE : Take crude Antimony, and Sal Armoniack powdered and mixed together, of each six ounces ; Sublime the Combustible Red Flowers according to Art, and of them take four ounces ; of the best Nitre take eight ounces ; let them Fulminate in Subliming Pots, and gather the Flowers without wasting ; dulcifie the Flowers with hot Water till there be no more Saltness remaining ; upon this Powder dried over a very gentle Fire, pour Rectified Spirit of Wine four Fingers breadth above the Matter, put them all into an Alembick with a Receiver Luted to it, then Distill them at first with a gentle Fire, increase it by degrees ; that the Substance may come to a driness ; expose the Powder, being perfectly dried, to the Fire for the space of an Hour, and keep it for use in a close Box, or Gally-Pot.

This remarkable Preparation of Antimony is Sudorifick, powerfully provoking Sweat, opens the Belly gently, being taken at a distance from Meals, from twenty to thirty Grains in some Conserve, in a Bolus, or dissolved in some agreeable Cordial Water.

148. * SPEEDWELL: The Male sort of this Herb is of excellent Virtue for opening Obstructions of the Lungs, for the Colick and Spleen, is an An-

tidore against the Plague, and is helpful in Wounds, curing the Itch. We have it from Good Hands, That a large Dose of the Decoction of this Herb, taken for some time, expelled a Stone from the Kidney of a Woman, that had been Tormented with it for fifteen or sixteen Years; Also a Woman that was accounted Barren Seven Years, Conceived upon taking the Powder of it in the Distilled Water for a considerable time. The Syrup is of great use in the Disease of the Lungs ; and a Person who had a very Dangerous Ulcer in his Leg, found Ease, and in a short time a Remedy, by washing in the Water of it, and applying wet Rags dipt in the said Water, by taking away the Inflammation, and all the Symptoms that accompanied it. One who had a Fistula in the Breast, and in vain had used divers Medicaments, it's said was Cured with this Water, by inwardly taking it. Rags dipped in it, and applied hot, do make Scabs fall away in Children, then washing them over with Water of Fumitory and Whey. But for all these Experiments, the Reader may try them as occasion offers, and be more amply satisfied. The Virtues of this Herb are many.

149. * SPERMA-CETI.

It is certainly taken out of the Heads of Whales in Greenland, and is an excellent Remedy for dissolving coagulated Blood : It is used in Peripneumonias, Pleurifies, Quinsies, Contusions or Bruises, and the like. It is excellent to allay Inflammations, discuss Swellings in Womens Breasts, heal Chaps in the Nipples, Lips, &c. for the Gripes

Gripes in Children, and the Colick in grown People. To help Suffocations, Catarrhs, Wheezings, Hoarseness, Asthmas, and other Diseases of the Thorax; and outwardly it softens, smooths, and whiten the Skin.

150. * SPHACELUS. or *Mortification*. It is a perfect Mortification with extinction of Native heat, and privation of Sense, not only in the Skin, Flesh, Nerve, Artery, but very Bones. It always succeed a *Gangrene*, and is distinguished from it by a Stink, and total Corruption of the Part, it being insensible both to Knife and Fire. In dressing of a Mortification, you ought to consider well, that in Application of Medicaments, you do not in extinguishing one *Gangrene*, make another, by the too long use of sharp and biting Medicines.

151. * SPIKE-OIL. It is made of the Flowers of *Spike* or *Lavender* infused in Oil of Turpentine for two Months, or more, in a very gentle Sand-heat, or in a Warm Closet, shaking the Bottle twice every day; then the clear Oil is decanted, and the remainder is press'd out in a Press to be kept by it self: which Infusion, if you please, may be repeated with fresh Flowers 3 or 4 times, till 'tis very strong, and smells strong of the Lavender. It is good for the cure of the Palsie, Sinews strained, Aches and Pains in the Limbs, or in any part of the Body: Inwardly taken from 10 to 20 drops mix'd with Sugar and Wine, it gives present ease in the Colick, removes the Gout out of the Stomach, provokes the Terms in Women, and facilitates Delivery in Child-birth.

152. * SPINAGE. It is an excellent Herb, raw or stew'd, and is multiplyed by seed only, horned and triangular, of a greenish Colour. It must be sown in the best ground, or in Furrows in straight rows, upon well prepared Beds, and this several times in the Year, beginning about the middle of *August*, and ending about the end of *September*. The first will be fit to cut about the middle of *October*; the second in *Lent*; and the last about *Easter*. Those Plants which remain after *Winter*, run up to Seed about the end of *May*, and are gathered about the end of *June*. Its Juice cools the Stomach, Liver, and Bowels; it is used as a boiled Sallet, with Butter, Verjuice, Lime-juice, or Juice of Limons, and a little Salt and Pepper; and otherwise for making of Soops, Green Sawce, &c.

153. * SPINAGE-TARTS. Take Spinage 3 handfuls, Beef Marrow half a pound, hard Eggs, six; season with Salt, Cloves, Mace, and Nutmeg beaten very fine: Add a pound of large Currants, half a pound of Raisons stoned and Salt, candied Citron, and Orange Peels thin sliced and cut smaller, D. L. S. to your Palate, and so much Juice of Limons to give it a pleasing Acidity. Put it into Puff Paste, and make small ones, which you may either bake or fry.

154. SPINAGE and Sorrel Tart. Shred the Herbs small put to a quart of shred Herbs four ounces of Sugar, and four ounces of Currans mix'd; fill the Tart, Lid, and bake it; then put in half a pint of thick Cream, boil it first, if it be new, dust on fine Sugar, and serve it hot or cold.

155. **SPINAGE** *to Boil.* The Spinage being wash'd and drain'd, put it into a Pipkin, and cover it close; set this Pipkin into a Kettle of Water, and boil it; the Pot or Pipkin must not stand so deep in the Water that any Water may get into it; neither must you put any Water with the Spinage, but dry by it self; and the Water boiling in the Kettle will make the Spinage soft and tender, for it stews in its own Juice; and you shall preserve its green Juice and Substance, which you lose when you boil it in Water. I think the best way of boiling it would be in a Tin Box, with a Cover that shutteth just so that no Water can get into it, then put this Box stuffed as full as you can into a Kettle, or into the Pot wherein you boil your Beef, like a Pudding-Bag; green Pease might be boiled in the same manner.

156. * **SPIRITS** of *Animal Bodies.* They have been accounted threefold, viz. Animal, Vital and Natural; but late Authors make but two, viz. 1. *Animal*, in the Head, Brain, and Nerves. 2. *Vital* in Heart, Arteries and Arterial Blood: But whether there be not *Natural Spirits* distributed thro' the whole Body, is yet a question. *The Animal Spirits* are a very thin Liquor, separated from the Blood in the Cortical or outward Substance of the Brain, and is by the proper ferment of the Brain exalted into *Animal Spirits*, and thence thro' the Medullar Substance of the Brain, the *Corpus Callosum*, and *Medulla Oblongata*, are derived into the Nerves and Spinal Marrow, and thro' them are performed all

the Actions of Sense and Motion. *The Vital Spirits* are the subtilest part of the Blood, which actuate it and ferment it, and make it fit for Nourishment. They which hold with the *Natural Spirits* say they are generated in the Stomach and Intestines, for the making and perfecting of the *Chylus Juice*, without which the whole Body could not live and be nourished.

157. * **SPIRITUS CHYMICI** are Spirits or Liquors, which Chymists make to be threefold, viz. 1. *Sulphureous*, which easily burn, and consist of Oily and Watery Particles, as Spirits of Wine, Sugar, Cider, &c. 2. *Acid*, which consist of acid Particles and Water, as Spirits of Alum, Salt, Sulphur, Vitriol, &c. 3. *Saline*, as Spirits of Salarmoniack, Hartshorn, Soot, Urine, &c. 4. There are Compound Spirits, as 1. *Spiritus Nitri, Salis, Vitrioli*, &c. dulcified. 2. *Saline Compound*, as *Sal Volatile Oleosum*.

158. **SPIRIT EPILEPTICK.** Take the Flowers of Lilly of the Valley, Lavender, Sage, Tillet, Primroses, and Rosemary, of each two handfuls: gather the Flowers in their season, and macerate them all together in six pints of Spirit of Wine rectified; add to them Mistletoe of the Oak, Roots of Valerian, and Male Peony, of each four ounces, being bruised and macerated eight Days in a pint of Malmsey with Cinamon, Clover, Mace, and Nutmegs, of each half an ounce; mix them all together, and distil them in a glass Cucurbit covered with its Head in a Sand-heat, and preserve the Spirit as a very excellent thing.

It is very proper for the ease and cure of Epileptick Diseases. It is to be given from two drams to half an ounce, alone or mixed with Cephalick Liquors. It may be also put up the Nostrils, applied to the Temples, and other Parts, for easing Pains and preventing the arising of Vapours to the Brain, which occasion Fits and Disorders.

159 SPIRIT of MINT.

Take strong Spirits two gallons, Water three gallons, Spear-Mint 24 handfuls; mix and distil them, draw two gallons and two pints, and mix the Water with four pints of Damask Rose-water, and four pounds of Sugar, of Musk and Ambergrise, each a dram; set it one hour in Balneo.

160. SPIRIT of SAFFRON.

Take two gallons of strong Spirits, three gallons of Water, Saffron three ounces; mix and distil them; draw two gallons and two pints, to which add Rose-water two pints, D. L. S. four pound, Musk and Ambergrise, each a dram; then let them stand one hour in Balneo.

161. SPIRIT of SALT.

Take the finest white Salt, and dry it over a Fire, or else in the Sun, so powder it finely to the quantity of two pounds weight; mix it well with six pounds of Potters-earth finely powdered, make them up into a Mass very hard with Rain-water, as much as will conveniently do it, form this Mass, by dividing it into Balls, in the bigness of a Hazelnut, and let them dry in the Sun a considerable time; and when they are dried, put them into a large earthen Pot, or a Glass that may be luted, a third part of it being left empty, place the Retort in a reverberatory Furnace,

and fit to it a large Receiver, luteing the Joints, and give a moderate heat to warm it, and so make an insipid Water drop forth; and when white Clouds succeed those drops, pour out that which is in the Receiver: and having refitted it, lute the Joints close, and by degrees increase the Fire to the last degree of all; and so in this condition continue it twelve or fifteen Hours, when all that time the Receiver will be hot, and full of white Clouds; but when it grows cold, and they disappear, unlute the Junctures, for the operation is at an end; and then you will have the Spirit of Salt in the Receiver. So pour it into a Glass, and stop it with Wax.

This singular Spirit has an aperitive quality, and therefore is used in Juleps to an agreeable Acidity for such as are subject to the Stone or Gravel; 'tis also used to cleanse and whiten the Teeth, and to fasten loose Teeth, being tempered with a little Water, and to consume the rottenness of the Stumps.

162.* SPIRIT of SALT.

another way. This is a better way of making Spirit of Salt. Take white Salt a pound, Oil of Vitriol rectified half a pound, Water a sufficient quantity to dissolve the Salt in, put them into the Stillatory, and distil it; in the first place the Flegm comes forth, after that the Acid Spirit, which keep by its self; put them into a glass Retort, and distil it in Sand to driness: This acid Spirit now drawn off, is very penetrating, and the true Spirit of the Salt. The Oil of Vitriol will be coagulated in the Retort, with the Alkali of the common Salt. Take of this Acid Spirit four ounces,

ounces, new Salt two ounces; mix and dissolve in a sufficient quantity of Water, and distil in Sand as before, so will you have six ounces of Spirit, and this you may repeat, *ad infinitum*, producing the Spirit with all imaginable ease, and without almost any charge. In the bottom a coagulated Salt will remain, of which is made *Sal Mirabile*, as in other places we have declared. This Spirit has all the Virtues of the former Spirit, besides which it extracts Tinctures, precipitates all Solutions in *Aqua fortis* or Spirit of Nitre, and corrects Opium, and all foetid Oils.

163. SPIRIT of SALT, *Dulcify'd and Sweet.* Mix equal parts of Spirit of Salt, and Spirit of Wine, set them two or three Weeks in Digestion in a double Vessel in a gentle Sand Heat.

This is taken more safely inwardly than the former, because it is less corrosive: It may be given from four to twelve drops in some proper Liquid.

164. * SPIRIT of Scurvigrass. Take proof Spirit, eight, twelve, or sixteen pints, plus minus, infuse or steep in it so much Garden Scurvigrass as it can well contain, digest it twelve Hours, then distil it off, and save the first half of what comes off, which distil a second time, and save the first half as before, so have you Spirit of Scurvigrass; this if you distill over again with fresh Scurvigrass, it will yet be stronger.

This is good against the Scurvy, Surfeits, and Rheumatisms in cold and moist Constitutions, but perfectly destructive in such as are of a hot dry, and cholerick Habit: Dose from twenty to sixty drops, in Ale or Wine. It cures shortness of Breath,

obstruction of the Lungs, yellowness of the Teeth, decaying of the Gums, and the Belly-ach, and kills Worms in Children.

165. SPIRIT UTERINE. Take the Roots of round and long Birthwort, Peony, and the lesser Valerian, of each two ounces; Castor one ounce; dry Tops of Wormwood, Mugwort, Tansie, Fetherfew, Southernwood, Camomil-flowers, of each an handful: shred and bruise all together. Let them macerate three days in two quarts of the rectified Spirit of Wine; then distil them according to Art, and keep the Spirit for your use.

This is excellent, and most effectual to suppress the Vapours that arise from the Matrix, and to open Obstructions. It is to be given from one to two, or three drams at a time in Hysterick Waters, or Decoctions: It may likewise be put up the Nostrils, or applied to the Temples, or Navel, with good Success.

166. SPIRIT of WINE to Distill. Take Wine and Lees of what sort you think convenient, put it into an Alembick, draw it off, and rectifie it to what height you please. It is excellent, taken in cold Distempers, or to mix with any Cordial Water, to temper them with heat, according to the degrees the Distempers require, for which they are to be taken. The Joints afflicted with cold Pains being bathed with it, ease them: It is good in the Gout and Sciatica, the afflicted Parts bathed with it, and is used for Lacca to change Silver to a Gold colour, as also in Varnish, and in making up sundry Medicines. Bawm, Rue, and the Leaves of Walnuts being beaten and made up into a Conserve with it, resist

the

the Plague and Pestilential Fevers.

167. SPIRIT of WINE, another. This Spirit, when made the best way, is drawn from Brandy chiefly; as well as from Wine. Four gallons then of the best Brandy must be mixed with four quarts of ordinary Salt, or Bay-salt dried and finely powdered, and put into an Alembick; lute the Head, and do it over a gentle Fire, lest being too long a drawing it off, it waste and consume too much; that which is the highest or rectified part being fired, will burn all away; but the second Spirit will not do so.

This makes curious Tinctures in chymical Operation, and being upon other occasions outwardly applied, it dissolves Tumours, and cures Burns, it taken in time: It also eases the Pains of the Gout, and cold Pains in the Joints.

168. SPIRIT of WINE and *Rosemary-Flowers*. You must have a Glass Alembick, and distil good Aqua-vitæ in Balneo Mariz, and put a piece of filter well dipped in common Oil, between the Helm and the Alembick, and over it put in Flowers of Rosemary only once, you will extract the purest Spirit in the World.

Nothing exceeds this Medicine in Nature. Take Catechu four ounces, Jesuits Bark two ounces, Opium two drams, common Brandy a quart: make the two first Ingredients into fine Powder by themselves; and make the Opium into Powder by its self: then digest all in the Brandy, ten, twenty, thirty, or forty Days, the longer the better,

according as you can permit it to stay; shaking the Glass, once or twice a day: at the end of the time, decant off the Blood red Tincture and keep it for use: of this the Patient may take Morning and Evening from twenty, to forty, fifty, or sixty drops at a time in a Glass of Ale, or Alicant.

169. * SPLEN, LIEN: the Spleen. It is said to be a Receptacle for the Salt and Earthy Recrements of the Blood, which there, by the assistance of the Animal Spirits, may be volatiliz'd, and returning into the Blood again, may concur to its farther Fermentation and Perfection. It consists of a great number of little Cells or Bladders, which being blown up, and dried, very much resemble a Sponge or Honey-Comb, between which many Glandules are scattered and supply the Place of Veins. It has also Arteries, and Nerves, and Lymphatick Vessels, first discovered by Fr. Ruisch, which have given a great light to the several uses of the Part.

170. * SPLEEN ALE. Take a good handful of Red Dock Roots scraped or bruised; Liverwort, Tamarisk Bark, Wormwood; of each a good handful: Put all into 3 or 4 gallons of strong Wort, just when you are putting Yest to it, to work it: Let the Ingredients lye in it in a Net; of which after 3 Days, or when it is fine, you may drink.

171. SPOTS of Pitch and Rosin are taken out by applying Oil of Turpentine, rubbing it in, and letting it lye, and it will crumble away; so likewise Tar will rub out like a speck of Dirt.

172. **SPOTS** in the Skin to take away. Take Water of Talke and Limon-juice; infuse in them the Roots of Mandrakes, and let them stand five Days in the Sun, or some warm place, and then strain out the liquid part, and with it bath the Spots; and in so doing they will disappear. Or, for want of these, wash them with the Water of Radishes, drawn by an Alembick, and anoint the Skin with the Meal of Orobus mixed with Honey.

173. * **SPRAINS** to Cure. Take raw Comfrey Roots; cut and beat them in a Mortar, till they will spread as a Cataplasm: spread it upon Leather pretty thick, and bind it round the part, letting it stick on till it falls off.

174. **SPRATS** to Pickle like Anchovies. Take a peck of the largest Sprats, without Heads, and Salt them a little over Night; then take a Pot or Barrel, and lay it in a lay of refined Salt, and then a lay of Sprats, and a few Bay-leaves with a little Limon-peel, then Salt again; thus do till you have filled the Vessel, then cover and pitch it, that no Air get in; set it in a cool Seller, and once in a Week turn it upside down; in three Months you may eat them.

175. **SPRING PYE**. Cut a hind Quarter of Lamb in pieces, take four ounces of the Lean, and make it up to force Meat, as for a Lumber-Pye, make it into little Balls, as big as Nutmegs, and some as big and the length of your little Finger, season the Meat with Cloves, Mace and Cinamon, and a little Pepper and Salt; Butter the bottom of your Pye, and lay in the

Meat and Balls with some Prunello's slit, and a little Spinage and Beet-Leaves, shred them; put over it a pound or less of preserv'd Citron, Limon-peel, and Eringo-Root, Lettice-Roots, Barberries, and a Limon pared and sliced; then put eight ounces of Marrow, and eight ounces of fresh Butter on the top: Lid, and bake it, and put in a Lear as for a Chicken.

176. * **STANCHING** Blood. Take round Mushrooms, or Puffballs, in Autumn, when they are full ripe; break them warily, and save carefully the Powder that will fly out, and the rest that remains in their Cavities, and strew this Powder all over the Part affected, binding it on with a Liniment, and the Bleeding will be immediately stayed.

A most excellent Styptick for Stanching of Blood in a green Wound. Take Hungarian Vitriol a pound, Salt of Tartar three ounces: mix and calcine gently in a naked Fire. This being applied presently stops the Bleeding; or being dissolved in Water, and Cloths dipt in it laid over the bleeding part. But if it is calcin'd in the Sun by the help of a good burning Glass, it adds much to its Vertue, as we have given a Demonstration of in the Solar Calcination of Antimony, in our Pharmacopœia Bateana, Lib. 1. Chap. 9. Sect. 14. ad 21. This also is excellent. Take Hungarian or Roman Vitriol calcin'd to whiteness by the Sun Beams, three ounces, Saccharum Saturni two ounces, Roch-Allom in fine Powder one ounce: mix them to be used as the former. But if it is to stop an inward Bleeding, or Flux of Blood, see Spitting Blood, where we have given you a Specifick inferior to no other thing in the World.

77. **STA-**

177. * STAPHISACRE. It is violently acrid, and Caustick. Therefore used as a Massicatory, it purges the Head, Brain, and Parts adjacent of cold Phlegm, and eases the Tooth-ach: But not being a gentle Medicine, it is not often used. The Pouder of the Seed given from 10 grains to 20 purges upwards and downwards, and will also raise a Salivation; for which reason *Sylvius* says it is good against the French-Pox; but it inflames the Jaws, violently heats them, and brings danger of Suffocation, therefore ought not to be used inwardly.

178. STEAK - PYE. Take a Neck of Mutton, Joint it in every Joint; season it with sweet Herbs, Mace, Pepper, Salt and forc'd Meat-balls; half a pound of Butter, bake and serve it up hot.

179. * STEPHENS'S WATER. Take Anis, Carraway-seed, Cinamon, Cloves, Fennel-seed, Galingal, Ginger, Grains, Mace, Nutmegs, all in well bruised; of each an ounce: Bawm, Lavender, Marjoram, Mint, Damask Roses, Rosemary, Sage, Savory, Thyme; of each a handful: Red Port Wine or Canary five or six quarts: Bruise the Herbs, and digest all 24 Hours, or two days in the Wine, in an Alembick; then distil off the Water. It is a singular Cordial, good against Convulsions, Fainting and Swooning Fits, the Colick, Sicknes at Heart and Stomach, expels Wind, and strengthens the whole Man, comforting all the Spirits Natural, Vital and Animal. It is said to cure also Barrenness in Women, and help a Stinking Breath.

180. * STEWED VEAL. Being cut into little pieces, stew

it in Water; put a little Butter to it, season it with Salt, bruised Pepper, Mace, a little Limon-peel, and an Onion, or two or three Shalots. Let the Liqueur quite cover it, so stew it: When enough, beat two, three, or four, more or less, Yolks of Eggs, and stir them in, giving them a Warm or two; and if it is cold dress'd Veal, it may be heat this way.

181. * STÆCHAS. It is Diuretick, dries, heals, and is vulnerary, chiefly used for Obstructions of the Urine, and Courses, Liver, Spleen, Stomach and Mesentery. It kills Worms, dries up Catarrhs, and sharp Desfluxions, dissolves Wind, and as *Masthiolus* says, cures all Diseases of the Head, Brain and Nerves, proceeding from Cold and Moisture, as Megrim, Vertigo, Lethargy, Convulsions, Falling-sickness, Palsy, and the like. Dose of the Pouder from half a dram to a dram; of the Tincture in Spirit of Wine Morning, Noon, and Night, two drams.

182. * STYPTICK - WATER the New Way. Take Colcothar, or red Vitriol, which remains in the Retort after the Spirit is drawn out, Catechu in fine Pouder, Sugar-candy, and Burnt-Allom, of each half a dram; the Urine of a young Lad, and Rose-water, of each half an ounce; Plantain Water two ounces: mix them well together for a considerable time, then pour the mixture into a Viol, and when you separate it, do it by inclination for use.

This is so excellent for stopping Bleeding, that a Bolster dipped in it, and applied to an open Artery, and held there a while, it has stay'd the Bleeding of it. A Pledget thrust

up the Nostrils does the like for the Bleeding there. Taken inwardly, it cures the Spitting of Blood and Bloody flux, &c. The Dose taken inwardly, is from half a dram to a dram, and it may be given in the Water of Knot grass, Nettles, or Wood-sorrel. This Water is excellent for any one to carry about them, and may upon any Accident happening save a Life, that the Effusion of Blood, if not speedily stopped, may carry away with it.

183. STOMACH HOT.

When you find any great Heat or Burning in your Stomach, take green Houfleeck, bruise it and press out the Juice; then over a gentle Fire make it into a Syrup with white Sugar.

This is excellent good, an ounce taken at a time for the Heart-burn.

A much better Medicine than this, is our Syrupus Antifebricitus, taken three spoonfuls at a time in a Glass of Ale sweetned with Sugar, and taken at Night going to Bed; and if it is vehement, the Syrup may be taken Morning and Evening.

184. STOMACH ELIXIR.

Take the distilled Oils of Cinamon, Cloves, and Wormwood, Citron and Orange-peel, of each six drops, refined Sugar, finely beaten, Spirit of Wine rectified, and Spirit of Mint and Orange-flower; of each six ounces: mix them well, and make an Elixir.

This Elixir is exceeding good in all cold Infirmities of the Stomach, as also to fortifie the Nobler Parts. The Dose is from two drams to half an ounce, in Wine, Ale, or the like.

185. * STOMACH Pain'd.

If the pain is inveterate, or of long standing, and very extream, none of the ordinary Medicines will

do; but you must come immediately to the use of fixt Alcalies, such as is this following Composition: Take the Orient part of Oyster-shells Levigated, Crabs Eyes Levigated, of each one ounce, Coral Levigated one ounce and half, or Terra sigillata in fine powder four ounces: mix them; give the Patient of this Powder half a dram or two Scruples at a time Morning and Evening in a Glass of Ale, which is to be continued for some few days; it never fails to do the Cure.

Take Spiritus Universalis a pint, Winter-Cinamon, Cloves, Nutmegs, Gentian, Tops of Wormwood and Centory, yellow of Orange and Limon-peels, Zedary, all in gross Powder or well bruised, of each three drams: mix and digest twenty four Hours; then decant the Liquor. Dose one dram, Morning and Evening in a Glass of Wine.

186. * STONE. It is either in the Reins or Bladder: If friable, and not inveterate, there may be hopes of cure in either Part; but if inveterate, and of a Flint like Substance in the Reins, it is totally incurable. If hard, large, and in the Bladder, it can only be cured by cutting; but if friable and small, Physicians have instituted Remedies for the same. *A Decoction in Wine of Parsley Roots and Saxifrage is commended: So also Winter Cherries in Powder given from a Scruple to half a dram, in a Glass of white Port. Two Cloves of Garlick Skind, being swallow'd whole Morning and Night for two or three Months, has done Wonders, the Patient drinking Honied Water all the time, viz. a spoonful of Honey dissolved in a pint or quart of Water. Spirit of Salt taken to a grateful Acidity is commended above all things;*

things, and not much inferior to most other Medicines, is *Our Pancea Balsamina*, which has given ease when all other things have failed: Add to these our *Imperum Martin*, a Medicine without comparison, and our *Gutta Vita*, mixt with equal Parts of Powers of Juniper-Berries, whose Decoction in Water may be taken all the while.

187. * **STONES and CODS Swell'd**: Dissolve half an ounce of Camphir in a quarter of a pint of Brandy, and mix it with a pint and half of Vinegar; with which Bath and Foment the Cods as hot as it can be well endured; which repeat Evening and Morning; and immediately after apply a Cataplasm of Roasted Turneps, mixt with Camphire, dissolved in a very little Spirit of Wine, applying it as hot as it can be conveniently endured, renewing it every Evening and Morning: This Course continue till the Tumour or Swelling is gone; but withal, let the Cods be bound up all the time, as high as can be to the Belly, with Cross Napkins tyed round the Waste; or otherwise let a Bag Truss be made, to bind them up, that they may not swag and hang down, which will hinder the Cure. If the Tumor is very great, the Patient must keep his Bed for 5, 6, or seven Days.

188. **STONE, the Cause and Cure**: The Stone is ingendred of vicious and slimy Tartar in the Reins and Bladder, where, by a Petrifactive Spirit, it petrefies, and takes to it self the hardness and nature of a Stone.

To Cure it, take a pint of Ale, and dissolve in it an ounce of Castile-Soap; boil it till a third

part is consumed, sweeten it with Honey, and drink it as warm as the Sick Person can.

Or, Take a quart of strong Ale, and set it over the Fire, and when it is scummed, put into it a good handful of Camomile, and let it boil a while, sweeten it well with Honey, and drink it up, and it will give present ease.

Another: Take of the Juice of Leeks, Onions and Radishes, of each two pound; Juices of Limons, Pellitory and Mouse-Ear, of each half a pound; and Pigeon's - Dung, half a pound; digest all for ten Days, then distill it. You may give it from one dram to half an ounce at a time, in Rhenish Wine.

Another: This is one of the greatest Secrets in Nature for this Cure: Take Goat's Blood dried and made into fine Powder, Strasburgh or Venice - Turpentine boiled in fair Water, so long till (being Cold) it may be reduced into fine Powder, of each an ounce, mix them. Dose one dram Morning and Evening, drinking this Julep after it. Take Rhenish or White-Wine, Parsley or biting Arsmart-Water, of each a quarter of a pint or better, Syrup of Winter-Cherries an ounce and half, mix for a Draught.

189. **STONE in the Kidney**, Take five spoonfuls of the Juice of Parsley, put into it as much White-Wine as you are able to drink at a draught; sweeten it with D. L. S. or Honey; drink it often, and stir after it.

190. **STOPPAGE in the Water for a Child**: Take five or seven Bees, and for an Old Body eleven or thirteen; Kill them in a spoonful of White-Wine, and

bruise them very well in the Wine, and let the Patient take only the Wine, and it will give ease immediately.

191. STRAIN: The Strain or Sprain being newly contracted; take a handful of Wormwood, and bruise it well in a Stone Mortar, then put to it the Whites of two Eggs beaten; make a Pultice of it, and lay it to the grieved place.

Take green Comfrey Roots, cleanse them, and beat them in a Mortar to a Cataplasim, which spread upon Leather and apply it, it is one of the best things in the World: Where Note, That some having cleansed them, boil them in Water to softness, then beat them in a Mortar to a Cataplasim.

192. STRANGURY: This is caused either from the Urine being over sharp, which provokes the expulsive Faculty to expel it before any quantity be gathered together; or that the Retentive Faculty of the Bladder is weakened through some Distemperature, especially of Cold, or else through some Ulcer, or Inflammation of the Bladder, to which the Urine coming, does stimulate the expulsive Faculty; or lastly, when the Womb, or Bowels being inflamed, do trouble or distend the Bladder. To remedy this,

Take Cassia one Dram, Manna two ounces, Violets, Sorrel and Purslain, of each a Pugil, Liquorice, Prunes; and the Leaves of Mallows, of each two ounces; bruise and boil these in two quarts of Whey, till a fourth part be consumed; strain out the Liquid part, and sweeten it with Honey, and drink a quarter of a pint as hot as may be fasting,

and an Hour after take a quarter of an ounce of the Oil of Violets, and half an ounce of the Oil of sweet Almonds mixed together.

This is a famous and often experienced Remedy. Take of our Gutta Vite, Powers of Juniper, Powers of Anniseeds, of each an ounce: mix them, give one spoonful of this in a Glass of Ale or White-Port-Wine upon extremity, and at Night going to Bed, give two, three, or four Grains of my Volatile Laudanum, or this following: Take White-Port-Wine a Gallon, Winter Cherries in fine Powder, eight or ten ounces: mix and digest cold for a Month, then give the clear Liquor half a Pint at a time Morning and Night, or oftner if extremity and need requires it. See also our Prescription of Goats Blood foregoing.

193. * STRANGURY: It is a difficulty of making Urine, the Water coming away by drops only, accompanied with Heat and Scalding, and a constant Inclination to Piss. It is cured by giving *Sal Prunella* from a Scruple to two Scruples, in the Pap of an Apple, and washing it down with White-Wine Posset-Drink, well sweetned with Honey, drinking a Pint at a draught: also constantly to drink Water and Honey, or Milk and Honey is very good; likewise to swallow a Clove or two of Garlick whole, every Morning and Night.

194. * STRAWBERRIES There are several kinds of them, as 1. *The Common English*, brought from the Woods into Gardens. 2. *The White Wood Strawberry*, more delicate than the former. 3. *The Long Red Strawberry*. 4. *The Polonian*. 5. *The Green Strawberry*, which

which is sweetest of all, and latest ripe. 6. *The New England Strawberry*, brought from thence, which is the best of all, and the earliest ripe, being ripe the first Week in May; they are of the best Scarlet Dye, and Propagated by running, which is a kind of Thread or String, growing from the same, and taking Root at the joints or Knobs, and in two or three Months time, are fit to Transplant, into either Beds or Borders, and should be well Water'd, they thriving best in a moist Soil. The time of Planting is in May and September, in moist Weather. They will bear well the next Year after. If you would have *Strawberries* in Autumn, cut away their first Blossoms, which will hinder their first Bearing; then they will afterwards Blow again in their latter Season: To get those of a larger size, as soon as they have done Bearing, cut them down to the Ground, and crop them as often as they Spire, till towards the Spring, and when you would have them proceed to Bearing, strew over them now and then, gross Ponder of dried Cow-Dung, Sheeps-Dung, &c. and Water them now and then, as you see occasion.

195. **STRENGTHNING the Bowels:** Take Cloves of Garlic, skin them, and swallow at convenient times, one or two without Chewing.

You must pull off all the Skins, to the very innermost thin one, which you must by no means break, and then the Clove or Cloves are to be swallowed whole; so will it be done without any offence to the Stomach or Breath, and be free from offending any Company, or the By-standers.

196. **STUMP-PYE to Season:** Take Veal or Mutton, mince it raw, put half an ounce of Pepper, half an ounce of Nutmegs, and half an ounce of Cloves and Mace; Marjoram, Thyme and Savory cut small, add a pound of Currants; mix these well together, and put to them two pound of the Meat; work them up into Balls as big as Wall-Nuts, with six Eggs, and at the closing up put a pound of Butter dispersed among them in little Balls as big as Marbles. Then make a Sawce with a quarter of a pint of White-Wine, half a quartern of Verjuice, the Yolks of three Eggs, and a little whole Mace; putting in about a quarter of a pound of Butter when they are well beaten up and thickned over a gentle Fire, put it into the Pye, and so closing the Lid, bake it in an indifferently well heated Oven.

197. **STURGEON Stew'd.** Take a Rand and cut it into square pieces as big as a Crown Piece, stew them in a broad Mouth'd Pipkin, with three or four large Onions, some large Mace, three or four Cloves, Pepper, Salt, some sliced Nutmeg, three or four Bay-Leaves, some White-Wine and D. R. W. Butter, and a race of sliced Ginger, stew them well together, and serve them on Sippets, running them over with beaten Butter, sliced Limon and Barberries; let the Garnish be the same.

198. **STURGEON to Pickle.** Garbidge your Sturgeon, if it be a Female, keep the Spawn to make Caveer, split it down equally on the Back, cut off the Jole to the Body-ward, then your first or second Rand very

fair, let your Tail piece be least; bind up these Pieces close with Flag or Tape, season them very well with Salt, let it boil an Hour and half before you take it up, all the while it boils, scum off the Oil, and supply it with Liquor, otherwise it will be rusty.

199. **STURGEON** *Souced to keep.* Draw your Sturgeon, and cut it down the Back into equal Sides and Rands, wash it from the Blood with Water and Salt, boil it in warm Vinegar and Salt till it be tender, and put it in some warm place to cool; when cold, Barrel it up close, with the Liquor it was boiled in.

200. **STURGEON** *Pye Hot.* Take a Rand of Sturgeon, and cut it into Collops about the bigness of a Goose Egg, season them with Salt, Nutmeg, Ginger and Pepper; your Pye being made, put in the bottom some Butter, then your Collops of Sturgeon, with two or three Bay-Leaves, some large Mace, whole Cloves, blanched Chestnuts, Goosberries, or Barberries, and some Butter; being baked, pour in a Lair made of Butter, the Blood of the Sturgeon and Claret-Wine, boiled up and beaten all together.

201. * **STYPTICK WATER.** Take an ounce of Vitriol or Copperas made into fine Powder; half an ounce of fine Bole in powder, mix them well together; cast this powder into, or upon any vehement Bleeding Wound, and it will immediately stop the Blood.

202. * **STYPTICK WATER** of Lemery. Take Alum Burnt, Colcothar, Sugar-Candy, of each an

Ounce; Urine of a Young Man, and Rose-Water, of each 16 Ounces; Plantane-Water two pounds; mix all in a Mortar, and let it stand on the Sediment in a Glass Bottle, and when you use it, pour off the clear Water by Inclination; it is of singular use to stop Bleeding. Had Catechu an Ounce in Powder, and Smiths-Forge-Water been added, instead of Piandane-Water, the Recipe had been much the better.

203. * **STYRAX.** *Storax.* It is either Dry or Liquid; the Dry is called *Styrax Calamita*; the Liquid, *Styrax Liquida*: But the *Calamita* is the best Scented, and the Noblest Perfume. It is Healing, Mollifying, and Concocting, helps against a Cough, and a Flux of Humours into the Breast, Wheezing, Hoarseness, and hurt of Voice; it ceases Noise in the Ears, cures the Kings-Evil, dissolving Strumous Nodes, and hard Kernels or Swellings. It is an Antidote against all cold Poisons, as Hemlock, &c. provokes the Courses, and helps the Hardness of the Mother. It is hot in the second Degree, and dry in the first, and so eases Aches and Pains from a cold Cause. A Plaister thereof, is said to fasten loose Teeth. Schroder says, its Chymical Oil has the same Virtues, but is more efficacious; one drop put into the Ears, eases their Pain and Noise. *Pilula e Styrae*, helps Coughs, Defluxions of Rheum and Watchings. Dose 10 Grains to one that is Weak, but more if Strong.

204. * **SUBLIMATE** *Corrosive.* Put a pound of good Running Mercury, into a very huge Matrafs or Glass, and pour thereon 18 Ounces of Spirit of Nitre; set

set the Matrafs in warm Sand, till the Mercury is all dissolved; Evaporate the Dissolution in a Glas or Earthen Pan, to dryness; the remaining dry matter, pouder in a Glas Mortar, with which mix a pound of Vitriol Calcin'd White, and so much Decripitated Salt. Put this mixture into a Matrafs, whose two thirds at least may remain unfill'd; set it in Sand, and begin with a small Fire for 3 Hours, after which, increase the Fire to a good strength; the Sublimate will adhere to the top of the Matrafs, and there will be a pound and three ounces of it. The Red Scorries at bottom, are of no worth. Of this, by Subliming with Quick-silver, is made *Mercurius Dulcis*.

205. * SUCCINUM. *Amber*: It is found in the Baltick Sea, near the Dutchy of Prussia, and is threefold, viz. White, Yellow and Black. The White is most esteemed, but is no better than the Yellow. The Black is of the least Virtue and account. Amber stops the Spitting of Blood, the Bloody-Flux, and Overflowing of the Terms and Hemorrhoids, and heals a Gonorrhœa. Dose of the Levigated Pouder is from a Scruple to a Dram in Mithridate, or some proper Syrup. It stops violent Coughs and Catarrhs, its Fume being received by the Mouth and Nose. *Tincture of Amber* is good against the Apoplexy, Vertigo, Lethargy, Convulsions, Palsy, Falling-sickness, Faintings, Swoonings, and Hysterick Fits: Dose from 15 drops to 30, in Wine or Water. *Spirit of Amber* is an excellent Aperitive, good against the Jaundice, Scurvy, Stoppage of Urine, and Ulcers

in the Neck of the Bladder: dose from 15 to 30 or 40 drops in Wine. *Oil of Amber Rectified*, prevails against all the aforementioned Diseases, and may be given mixed with Sugar, and then with Wine, from 3 drops to 6. In Hysterick Distempers, it is admirable.

206. * SUCCORY. When Whitened, it is eaten in Sallets; it cools a hot Stomach, and comforts a weak one. Both Leaves and Roots are Aperitive, open Obstructions of Stomach, Liver, Spleen, Reins and Womb; are good against a hot Scurvy and Gout, the Juice or Decoction being drank. It cools the heat of Urine, and outwardly applied eases the Gout; but its chief use is in Sallets, being that way very Grateful to the Stomach.

207. SUGAR - CAKES. Take a pound of fine Sugar, beaten and searced, with four ounces of the finest Flower, put to it one pound of Butter well washed with D. R. W. and work them well together, then take the Yolks of four Eggs, and beat them with some Spoonfuls of D. R. W. in which hath been steeped three Days before, Nutmegs, Cinamon, put thereto so much Cream as will make it knead to a stiff Paste, roul it into thin Cakes, and prick them, and lay them on Plates, and Bake them; you need not to butter your Plates, for they will slip off of themselves, when they are cold.

208. SUGAR - PASTE for Tarts, or Cheesecakes: To a pound and half of Flower, put a pound of Butter, three Yolks, one White of an Egg, and five or six ounces of Sugar.

209. * **SUGAR-CAKES.** Take *D. L. S.* in fine Powder a pound; fine Flower, sweet fresh Butter, of each a pound, Cloves, Mace and Nutmegs in very fine Powder half an ounce; add sweet thick Cream so much as will make it knead to a Paste: Rowl it out into thin Cakes, prick them, and lay them on Tin Plates, and bake them.

210. * **SUGAR-CAKES.** Take of fine Flower dried in an Oven 2 pounds, sweet Butter a pound and half; *D. L. S.* in fine Powder a pound, Mace in fine Powder an ounce: Add a few grains of Musk and Ambergrise in fine Powder, if you so please. Mix all well together, and make a Paste, which rowl out into thin Cakes, and bake them on Tin Plates very white.

211. * **SULPHUR:** *Brimstone.* There is the *Natural* which is greyish, and is called Sulphur Vive, and the *Artificial*, which is nothing but the Natural melted, and purified from its grosser Earth. There is a great deal of Sulphur in the Mineral of Vitriol; for the Spirits which are drawn from both are wholly alike, Oil of Sulphur taken in Ale, Beer, Wine or Water, opens Obstructions of the Brest and Lungs, causes free Breathing, and creates a good Stomach, curing the Scurvy and Gout in hot Habits of Body. The *Magistry* or *Lac Sulphuris* is good for want of Appetite, and most Diseases of the Lungs. The *Balsam of Sulphur* is famous for Coughs, Colds, Asthma's, Wheezings, Hoarseness, and Phthisicks or Ulcers of the Lungs, &c. The *Flowers of Sulphur* stop a vehement Salivation, and troublesome Ca-

tarrhs, ease Coughs, and are good in most Diseases of the Thorax: outwardly mixed with Hog-Lard and anointed with, it cures Itch, Scabbiness, Scald Heads, and an incipient Leprosy.

212. * **SURFEIT WATER.** Take a Gallon of Brandy, or good Sugar Spirit, Corn Poppy-flowers two Gallons; digest them a Week, take the Flowers out, squeezing them with your Hands, and put the clear Liquor after settling, or being filtered, into Glas Bottles, with a quarter of a pound of *D. L. S.* and 8 Cloves slit, into each Bottle, which stop up close. Dose two or three spoonfuls to a Man.

213. **SURFEIT WATER** *the best way.* Take twelve gallons of Brandy, or Aniseed-water; half a Bushel of Cowslip Flowers, 24 Bunches of Mint, 24 of Bawm, 24 of Purple Grails, 24 of Marygold-Flowers, one handful of Rosa Solis, one peck of Adders Tongue, two large bundles of Dragon, two large bundles of Angelica pickt clean, and cut pretty small; one pound of Liquorice sic'd thin; four ounces of Carraway-seeds, four ounces of Coriander-seeds bruised a little, an ounce of Saffron, four Pecks of Poppy-leaves; put all these Ingredients into the Brandy, and let them stand 3 Weeks, keeping them stirr'd every Day, then strain it out into an Earthen Stean, and sweeten it with good *Lisbon* Sugar, and cover it up close, and let it stand till fine, and then bottle it up for use.

214. **SURFEIT-WATER.** Take what quantity of Brandy you please, and steep a proportionable quantity of red Poppy-flowers

flowers in it; and when the colour is extracted, press them out, and put in fresh, and so do till the Brandy is of a deep Tincture; then slice in Nutmeg, Ginger and Cinamon, of each two drams, to a quart of the Brandy, and add an ounce of fine Sugar likewise to every quart, keep it close stoppt; it is excellent good for Surfeits, Wind, or Illness of the Stomach.

215. SWAN. When it is killed, is either boiled or scalded; if full of Hairs, then old, but if not full of Hairs, then young, and when young called Cygnets.

216. SWAN-PYE. Pluck and skin your Swan, take out the Bones, parboil it and season it with Salt and Pepper; Lard it, and put it into a deep Crust, with a good quantity of Butter, let it soak very well in the Oven, and being baked, pour in at the Funnel some melted Butter.

217. SWEAT to provoke. *Take of our Gutta Vita, from thirty, to fifty drops, Powers of Juniper sixty drops, of our Aqua Bezoartica one ounce: mix for a Dose, which give in a Glass of Sack at Bed-time; tis an excellent thing.*

218. SWEET-BREADS Baked. Take and boil them, adding thereto some parboil'd Currans, two or three minced Dates, the Yolks of two new-laid-Eggs, some grated White-bread, season it lightly with Pepper, Salt, Nutmeg, and Sugar, wring in the Juice of an Orange or Limon, lay all these between two Sheets of Puff-Paste, and bake it, or fry it well in good Sweet Butter.

219. ♦ SWEET-MEATS of Apples. Make a Gelly of these which are most soft and Plea-

sant. Cut other Apples round ways, put them into a Glass or Pot, and let them stand six days; then boil them with the Addition of a pound of Sugar, to a pound of the other; not breaking, but qualifying them farther with the Juice of Limons, Orange, Cloves, Mace, and Nutmeg, and perfuming with a grain of Musk.

220. * SWEET-MEAT-PYE. Make Puff paste and lay at bottom and round your Dish, then a Layer of Bisket, and a Layer of Butter and Marrow; after them a Layer of all sorts of wet Sweet-Meats: Thus do till the Dish is full. Thicken a quart of boild Cream with four Eggs, and a spoonful of D. R. W. or Orange flower-water, sweet it with D. L. S. in Powder, and so bake it.

221. SWEET-MEATS Excellent. Take half a pound of blanched Almonds, beaten very fine with a little D. R. W. two ounces of the Leaves of Red Roses beaten fine; then take half a pound of Sugar, or a little more, wet it with D. R. W. and boil it to a Candy height, then put in your Almonds and Roses, and a grain of Musk, and let them boil a little while together, and so put it into Glasses, it makes a fine sort of Marmalade.

222. SWEET-MEATS of Grapes. Take and pluck them from their Stalks, and bruise them well, strain them through a Strainer made of French Canvas; set that Juice in a Gally-pot, into a Kettle of boiling Water for three Hours; take the weight of it in fine Sugar, and boil it to a Candy height, put in

your Juice of Grapes, and boil it till it be very clear, and scum it well; so put it into Glasses, and set them into a Stove for a while.

223. **SWEET-MEATS** of *Rasps, Currans, or Cherries*. Boil your Rasps (in a high Pot stopp'd close) till they be all come to a Liquor; let the clear run thro' a Strainer, and to a pint whereof, put a pound of Red Currans (first stoned and the black ends cut off) and a pound of Sugar; boil these till the Liquor be gellied, put it in Glasses, and it will look like Rubies in clear Jelly. You may do the same with Cherries, either stoned and the Stalks cut off, or three or four Caps upon one Stalk, and the Stones left in the first, and boiled in Liquor of Rasps.

224. **SWELLING** to Break. Take of Salt Butter half an ounce, Leaven one ounce, white Mustard-seed two drams, Garlick one dram, Oil of Camomil three quarters of an ounce: bruise and mix these together, and apply them hot Pulticewise, spread on a Colwort-leaf, suffering it to lie on 4 or 5 Hours; and then if the Matter be soft, and the Skin not broke, open it gently with a Lancet, or potential Cautey.

It is admirable in any Tumours, or Swellings, and more particularly in Plague-Sores.

225. **SWELLING** when the Gout ceases. To remedy this, You may bath the Part afflicted with this following mixture: Take Spirit of Wine a quart, Camphire an ounce: mix and dissolve: bath the Place affected well with this, two, three or four times a day, as you see occasion; and then apply Linnen Cloaths, eight times double, dipt into the Liquor,

upon the part, and so gently bind it up.

226. **SWELLING** of the Matrix. This is frequently caused by Ventosities, or Windiness after the Birth of Children. To remedy it, take Mustard-seed, or Rape-seed, and boil them in Water, make a Fomentation, and inject it.

The most excellent thing for this purpose is to bath the Region of the Womb, Morning and Evening very well with Powers of Amber; this Medicine will give relief beyond all Imagination; more especially if two drams of it be given inwardly in a Glass of Sack, or White-wine, at Night going to Bed.

227. * **SWALLOW-WATER**. Take 12 Swallows out of the Nest, cast them whole into a Glass Alembick, add thereto the Shavings of a Man's Skull three ounces, Castor one ounce and a half, Powder of Mistletoe of the Oak one ounce; Juice of the Roots and Leaves of Male-Peony six ounces, Water of the Flowers of Tille-Tree, Lavender, and Lilly of the Valley, of each a pint and a half; macerate them over a gentle Fire the space of forty Hours; then distil them in a moderate Sand-heat, and keep the Water for use.

It is an excellent corrected Anti-Epileptick-Water, and has particular Virtues against that Distemper. It is given about a spoonful or 2 in the Fit, and may be continued every Day, as occasion requires, after the use of general Remedies.

228. **SWELLING** of the YARD. A Cataplasme of Baked Turneps applied as hot as they can well be endured, and renewed as need require, is a most excellent thing in this Case: I have known very great Swellings of this Part totally taken away

away by this remedy, (through its discussive Vertue) in the space of forty eight Hours.

229. SYLLABUB. Take a pint of Canary or White-wine, a pint of Raspberry Juice, a sprig of Rosemary, a Nutmeg quartered, the Juice of a Limon, and some of the Peel with Sugar, put these together in a Pot all Night, and cover them; in the Morning take a pint and half of Cream, and a pint and half of New-Milk; then take out the Limon-peel, Rosemary and Nutmeg, and squirt your Milk and Cream into the Pot, with a wooden Cow, sold at the Turners.

230. SYLLABUB WHIPT. Take a pint of White-wine, and a pint of Black-Cherry Juice, or Mulberry Juice; put into a large wooden Bole, sweeten it well with good white Sugar, put in also a great perfume Comfit, add to it a pint of Cream, make a rod of peel'd Willow, put to it a Branch or two of Rosemary stript from the Leaves, wind about the rod a Limon-peel; after you have stirr'd the Wine and Cream well together whip it till it froths; take off the froth with a spoon, and put it into your Glasses; between every Layer of froth squeeze in some of the Spirit of Limon-peel; let it stand a Day after it is made before it is eaten.

231. SYLLABUB WHIPT. Take half a pint of Rhenish or White-wine, as much Canary; put it into a quart of Cream with the Whites of six Eggs, season it with Sugar, and beat it as you do Snow-Cream, with Birch-Rods, and take off the Froth as it rises and put it into your Pot; so do it till it be

beaten into a Froth, let it stand out two or three Hours till it does settle, and then it will eat finely.

232. * SYLLABUB. Take a pint of Canary or White Lisbon, or Port-wine, a few Leaves of Borage, and a Stalk of Burnet; one Nutmeg grated, the Juice of a Limon, and half a pound of D. L. S. Put them in a Pot all Night close covered: The next Morning take a pint and half of warm Milk from the Cow, a pint of Cream warmed, and (taking out the Borage and Burnet). Squirt the Milk and Cream into the Pot with a wooden Syring; stir them, and 'tis done.

233. * SYLLABUB WHIPT. Take Cream a pint, Canary a quarter of a pint, Whites of two Eggs, a quarter of a pound of D. L. S. and with Birch Twigs beat it till it froths well, which scum off, and put into your Syllabub Glasses.

234. * SYMPATHETICK INK. Take a little white or green Vitriol, dissolve it in Water, with a new or clean Pen write any thing with it; and when dry, nothing will appear. 2. Boil bruised Nut-Galls in Water, and in that Decoction dip a Rag of Linnen, and rub the Place before written, and it will appear black and legible. 3. But if you rub it over with a Feather or a Rag dipt in Spirit of Vitriol, or its Oil a little dilated with Water, the Writing will disappear again. 4. Dip another Rag in Oil of Tarrar per Deliquium, and rub on the Place, and the Writing will appear again, but of a yellowish Colour.

235. * **SYMPATHETICK INK**,
another. 1. Take Quick-lime 3
 Parts, yellow Orpiment in fine
 Poudre (beaten wrapt up in a
 thick Paper, to prevent the dan-
 gerous Particles which may fly
 and affect the Head) one part :
 fair Water, 15 or 16 times as
 much in weight as the Orpiment
 weighed: Stop the Viol well
 with a Cork and Bladder, digest
 in warm Embers or some such
 Place five hours, shaking the Vi-
 al now and then. Warily de-
 cant the clear part, or rather fil-
 trate it, and keep it close. 2.
 Burn a piece of Cork throughly,
 and when well inflam'd, quench
 it in Water, or rather in Brandy,
 or Sugar Spirit; grind it with a
 sufficient quantity of fair Water
 in which a little Gum Arabick is
 dissolved: So will it be as black
 as Ink, and will serve to write
 with. 3. Dissolve a quantity of
Minium, or *Red Lead* in 3 times as
 much distilled or strong Vinegar,
 over warm Embers: Or *Saccha-
 rum Saturni*, in 3 times as much
 fair Water, in 3 or 4 hours, and
 you will have a Liquor, clear as
 fair Water, and of a sweet
 Taste. *All this done*, 1. Write
 what you will with this last Li-
 quor with a clean or new Pen,
 and when dry, nothing will ap-
 pear. 2. Over that Place, write
 with that Ink you made of Cork,
 and it will look just as if written
 with common Ink, which let
 dry. 3. Dip a small Rag or
 Sponge in the first Liquor, rub it
 on the Place written, and the
 black Writing will immediately
 vanish: and that written with
 the third or invisible Ink, will
 appear black and legible. *Again*,
 Take a Book four or five Inches
 thick, write on its first blank

Leaf with the last Liquor or in-
 visible Ink: turn to the other
 end of the Book, and rub that
 last blank Leaf with a Rag dipt
 in the first Liquor, as nearly op-
 posite to the Writing on the first
 Leaf as you can, and leave also
 the Rag there; and over it clap
 a folded Paper, nimbly shut the
 Book, and strike four or five
 good Strokes or Blows on it
 with your Hand: then turning it
 the other side uppermost, clap it
 into a Press, or lay it between
 two Boards, with a good weight
 on it for a quarter of an hour;
 then take it out, and you'll find
 the Writing black and legible
 which was wrote with the last
 Liquor or invisible Ink. *Boyle.*

236. * **SYMPATHETICK
 POWDER.** *Lenery* says, it is
 only Green or Roman Vitriol
 opened by the Sun-Beams, that
 is, calcin'd to a Poudre by the
 Sun, by the means of a Burning-
 Glass. It is said to cure Wounds
 at many Miles distance, by put-
 ting the Poudre upon a Linnen-
 Cloth, made bloody with the
 Wound, and keeping it warm;
 or dressing the bloody Weapon,
 with the Water in which some
 of the Poudre is dissolved, and
 keeping it in a moderate Heat.

237. * **SYMPTOM.** It is a
 preternatural Disposition of the
 Body, occasioned by some Dis-
 ease; and is either a Disease,
 caused by some other Disease, or
 else the cause of a Disease, pro-
 ceeding from another Disease, or
 else simply a *Symptom*. This last
 is either some Action of the Bo-
 dy hindred, or disturbed, or some
 fault of the Excrements, or
 change of the Natural Temper.

238. **SYRUP of Citron Juices** Take
 three pints of Citron-Juice clarifi-
 ed,

ed, put it into a Glass or glazed earthen Vessel; dissolve therein six pound of D. L. S. stir it till the Sugar be wholly incorporated with the Juice; continue stirring, as well when it is off, as when upon the Fire, and observe that you make use of no Vessels for the preparation of this, or any other Syrup of acid Juices, but such as are made of Glass, or glazed Earth; for if they be of Metal the Acids will take their Tincture and spoil the Syrup.

This is a great cooler, and therefore given in Fevers and hot Discales; also to cure Flegm, and Gargarize sore Mouths.

239. **S Y R U P** of Coral. Take four ounces of red Coral well chosen, grind it into Powder on a Porphyry Stone; moisten it with Rose-water, and being dry, put it into a Glass Cucurbit, and pour on it three pints of the Juice of Barberries well clarified; put the Cucurbit in a Heat of Ashes moderately hot forty Hours, stirring the Ingredients from time to time with a wooden Spatula; then filter the Liquor through a brown Paper; weigh it, and return it into a glass Cucurbit, set in Balneo Maria; dissolve in it the double weight of Sugar, it is excellent in pestilential Distempers.

240. **SYRUP EPILEPTICK.**

Take Mistletoe of the Oak, Roots of Peony, the Shavings of a dead Man's Skull that died a violent Death, of each half an ounce, Flowers of Lilly of the Valley; Rosemary, Lavender, Sage, and Marigolds, of each a little handful: bruise the Mistletoe and Roots, and put them together with the Shavings of the Skull and Flowers, into a Mortar, and pour on them one pint of rectified Spirit of Wine; and having well closed the Vessel, let them macerate a Week to-

gether over a moderate Heat; then with a gentle Heat draw off half the Spirit of Wine, and preserve it a part. The remainder being pressed, clarified and filtered, bring it into the consistence of a Syrup, with eight ounces of the finest Sugar; then aromatize it with two or three drops of distilled Oil of Cinamon.

This Syrup is very highly commended for the Prevention and Cure of the Epilepsie. It is to be taken alone, and fasting, from half an ounce to an ounce: You may re-inforce the Dose with a dram of the Spirit drawn off, and mix the Syrup with Cephalick Waters, or Decoctions.

241. **SYRUP** of Gilliflowers or Violets. Clip your Flowers and sprinkle them with fair Water, only to wet 'em; put them into an Earthen Pot, stop it close, that no Air can get in, set it in a Skillet of Water, and let it boil the space of two hours, strain out the Juice, to a pint of Juice put a pound and half of Sugar, set it on the Fire in a Skillet, and stir it till the Sugar is melted, and not boil; let it cool and put it into Glasses.

242. **S Y R U P** of Rhubarb. Take of the best Rhubarb, and the Leaves of Sena, of each two ounces and a half; a handful of Violet-Flowers, Cinamon one dram and a half, Ginger half a dram, Succory-Water two quarts: let these infuse over warm Ashes, or Embers, a Night, the liquid part being well pressed out through a close Strainer; and then boil it up with Sugar to a Syrup, adding to it four ounces of the solutive Syrup of Roses.

This is a very good and gentle Purge, and may be safely given to Children and weak People upon any urgent occasion, they being kept from taking Cold upon its reception. The Dose

Dose is from one ounce to an ounce and a half. It expels evil Humours, Fortifies the Stomach, and causes a good Digestion, kills Worms in Children, and causes gentle Breathing Sweats.

243. **SYRUP of TURNEPS.** First bake the Turneps in a Pot with Household-Bread, then press out the Liquor between two plates; put a pint of this Liquor to as much brown Sugar-Candy

as will sweeten it; and boil it to the consistence of a Syrup; it is very good for a Cold or Consumption.

244. * **SYSTOLE.** It is the Contraction of the Ventriclet of the Heart, where by the Blood is forcibly driven into the *Aorta*; or Great Artery, in order to its Circulation, and replenishing the whole Body in all its parts, External as well as Internal.

T A

T A

1. * **T A B A C U M :** *Tobacco.* It resists Putrefaction, provokes Sneezing, is Emetick, Anodyne and Vulnerary: Being Smoked, it stops Catarrhs, and disposes to Rest, takes off Weariness, and helps Fits of the Mother, and is a good Preservative against the Plague. A Gargarism of it, or being chewed in the Mouth, eases the Tooth-ach, dissolves Tumours of the *Uvula* and a Bath of it, (especially in Urine) cures the Itch. A Bath of it, or the Green Leaves applyed, cures a Leprosy, Scald Head, Mange, and kills Lice, heals Green Wounds, cleanses Ulcers, and cures Burns. The Smoking of it strengthens the Stomach, helps Concoction, and gently moves the Belly, but is not good for such as are of a hot and dry Constitution. The Tooth-ach is cured by stopping those

which are hollow, with dried Tobacco, or Ashes of Tobacco. The Infusion of Green Tobacco in Canary, Madera, or Sherry-Wine, cures the Palsy, the Parts being bathed and rubbed with it, especially after Sweating. It is accounted the best outward Remedy for a Palsy. A Noble Man who was extraordinary Fat, was reduced to an ordinary size by chewing Tobacco, which is also prevalent in an Asthma. It is of great use in Colicks and Pains of the Stomach, and where there is a shortness of Food. The Fume given Clysterwise, cures the Colick, and Hysterick Fits and Faintings, being blown up the Womb. The Ponder of it strewed upon Corrupt, Filthy, Putrid and Fœtid Ulcers, cleanses and heals them, and therefore is to be preferred before Birthwort-Root, to be put into the Tobacco Ointment.

2. * **TABES DORSALIS:** *Consumption of the Spinal Marrow:*

It is most incident to Lecherous Persons, and new Bridegrooms. They are not Feverish, and eat well, yet melt or consume away. If you ask one in this Disease how he is, he will tell you, that there seems so many *Pismires* to run down from his Head, upon the Marrow of the Back-Bone; when at Urine or Stool, there flows from him Liquid Seed plentifully. Nor can he Generate, but when he Sleeps, (tho' with his Wife) he has Nocturnal Emissions, or Lascivious Dreams. When he goes or runs any way, but especially up a steep place, he grows Feeble and short Winded, his Head is heavy, and his Ears tingle. Then in length of Time, being taken with a violent Fever, he dyes of that Fever called *Lypiria*; in which the External parts are cold, the Internal being Inflamed and burning at the same time.

3. **TAFFETY - TARTS.**

Take fine Flower a quarter of a Peck, the Yolks of twelve Eggs; sweet Butter two pound, Yest a quarter of a pint, *D. L. S.* nine ounces; mix these well with hot Liquor till they be made into a stiff Paste, rowl it up into small Balls, and then into thin Plates with your Roller: wash round their Brims with New Milk; boil Pippins soft, take off the peel, and scrape off the Pulp from the Core, mix the Pulp with a little *D. L. S.* and *D. R. W.* the scrapings of Candied Orange-peel, and a little Marmalade of Quinces; make them up, bake them in a gentle Oven, after you have dried them first in a warm place, and serve them up

scraped over with *D. L. S.* and sprinkled with Essence of Violets, or Roses.

4. **TAFFETY TARTS:**

Take Puff-paste, or Paste made with Butter, *D. R. W.* and *D. L. S.* and Eggs, rowl it out thin, put in slices of Pippins, and lay pieces of Candied Orange-peel in long slices, and *D. L. S.* then Pippins, then Orange, then *D. L. S.* so do till you have laid in Rows as many as you will have, close them, and take melted Butter, a little *D. R. W.* and wash them with it, strew *D. L. S.* upon them, and so bake them.

5. * **TALENTUM.** *A Talent.*

The Hebrew Talent of the Sanctuary was 218 $\frac{1}{2}$ *l.* 9. *oz.* Troy, which makes in Gold as it is now valued, 10500 *l.* Sterling, and in Silver 656 *l.* 0. *Sh.* Sterling. The Common Hebrew Talent was just the half of that of the Sanctuary. The Greek Great Talent, was 80 *l.* Troy, which makes in Gold as it is now valued, 3840 *l.* and in Silver, 240 *l.* The Greek Small Talent was 60 *l.* Troy, which made in our Gold 2880 *l.* Sterling, and in Silver 180 *l.* 0. *s.* The Roman Talent consisted of 152 *l.* Troy, which makes in our Gold 7296 *l.* 0. *s.* Sterling, and in our Silver 456 *l.* 0. *s.*

6. * **TAMARINDS:**

They grow in the *East-Indies*, and in *Arabia Felix*, and very plentifully in our *West-Indies*, at *Antegoa*, *Barbadoes*, *Jamaica*, &c. The *Arabians* and *Turks*, when they go long Journeys in the Summer-time, carry Tamarinds with them to quench their Thirst. They correct the Acrimony of the Humours, purge Cholera, and abate the heat of the Blood. They cure the Jaundice, stop Vomiting, strength-

strengthen the Stomach, and sharpen the Appetite. They cool the Heat of the Stomach, Cure Fevers, Putrid, or Non-putrid, and prevail against the Plague or Pestilence. Dissolved in Water, and sweetned with Sugar, they cool much, and quench Thirst.

7. TANSIE: The Juice is good, but the Conserve is most approved. 'Tis used for the Gripes, Stone in the Kidneys, Worms in the Belly, Obstruction of the Courses, and the Dropsie. It resists Putrefaction, and brings away or expels putrefied Blood. It is good for the Scurvy, and purifies the whole Mass of Blood, enlivening the whole Body; but especially for the Dropsie, it is taken with good success.

8. TANSIE, *the New way*: Take about twelve or thirteen New Lay'd Eggs to three pints of Cream, put in but seven of the Whites, and add a pint of the Juice of Spinage and Sorrel, and seven spoonfuls of the Juice of Tansie, Nutmeg sliced small, and half a pound of D. L. S. with some D. R. W. and a little Salt beat together; fry it in a clean pan, that it be not black'd in Butter, serve it up with D. L. S. powdered, D. R. W. and Orange-Flower Water.

9. TANSIE, *Another*: Take sixteen Eggs, leaving out six Whites, beat them very well, strain them into your Bason, grate a Nutmeg into a pint of the Juice of Spinage, half a pint of the Juice of Tansie, half a pound of D. L. S. three quarters of a pound of Naple Biskets grated; take almost a Quart of Milk, and put in one slice of sweet

Butter, put it into a Sawce-pan, or Stew-pan, setting it upon a slow Fire, and keeping it stirring till it is very thick; let it stand till it is pretty cool, then take a Dish and Butter it very well with fresh Butter, put it into the Dish and bake it; when it comes Home, turn it out of the Dish upon a Pye-plate, and Garnish it with Oranges and Sweet-Meats, and send it up.

10. TANSIE, *Another way*. Take a penny Manchet, grate it very fine, add a handful of fine Flower, and the Yolks of six Eggs, then grate in two Naples-Biskets, make these into a thin Batter, with D. R. W. and Canary; add two ounces of the Juice of Garden-Tynsie, after it is well Clarified and settled, and an ounce of the Juice of Clary, with a little beaten Cinamon and D. L. S. Fry these in sweet Butter over a gentle Fire, till it becomes somewhat Brown, but beware of Burning it, for then it is spoiled; and serve it up sprinkled with D. R. W. wheren Saffron has been infused, and scrape over some D. L. S.

11. TANSIE *Green, to Fry, or Boil over a Pot*. Take a quart of Cream, the Yolks of eighteen Eggs; half their Whites well beat, mix them together, and pour in one Nutmeg grated; colour it well with the Juice of Spinage and Tansie, and sweeten it with D. L. S. put it in the Pan, pour in your Batter, fry it on the one side, then turn it on a Pye-Plate, and slide it into the Pan again, and fry it, put it on a Pye-Plate, lay some thin slices of Limon upon it, and strew on D. L. S. and serve it to the Table. If you will not fry it, then

Butter

Butter a Dish, and pour it therein, and set it upon a Pot of boiling Water till it be enough.

12. **TANSIE of APPLES.**

Pare your Apples, and cut them in thin round slices, fry them in good sweet Butter; then take ten Eggs, Juice of Tansey, and of Spinage, of each a quarter of a pint, sweet Cream a quart, Nutmeg, Cinamon, Ginger, Sugar, with a little Rose-Water; beat all these together, and pour it upon your Apples, and fry it.

13. * **TANSEY-ALMOND.**

Take a pound of blanched Almonds, steep them in a pint of sweet Cream, 12 Yolks and six Whites of Eggs. The Almonds being beaten in a Mortar, add Juice of Tansey a quarter of a pint, of Spinage half a pint: Add Sugar to your liking, and Crums of white Bread, to a due consistency; fry in fresh Butter, and keep stirring in the Frying-pan, till it is of a good thickness: then strew over it *D. L. S.* and serve it.

14. * **TANSEY with Beef.**

Take 12 Yolks and eight Whites of Eggs, a full pint of sweet Cream, half a pint of Spinage Juice, and a quarter of a pint of Juice of Tansey, a grated Nutmeg, Parsley shred, Savory and Thyme, Buttock of Beef parboil'd, and minced very small, Salt a little, and grated white Bread enough to give it a Consistency; and add *D. L. S.* if you please to your Palate. Then being all well mix'd, fry it as you do other Tansies, but not too brown.

15. * **TANSEY the best way.**

Take 20 Yolks and 16 Whites of Eggs, beat them well, mix with a quart of choice Cream, a Race

of grated Ginger, as much Cinamon beaten fine, a pound of grated white Bread, Juices of Tansey, of Spinage, and of green Wheat, of each a quarter of a pint; add a little Salt, and mix all well together. Put all into a clean Frying-pan, with a quarter of a pound or more of sweet Butter. Fry all together, stirring it continually with a slice, as it thickens: then being of a good Body, put it out of the Pan into a Dish, chopping it very fine, put it again into the Frying-pan, being made clean, and in a sufficient quantity of melted Butter; fry it whole, or in spoonfuls: Being finely fried on both Sides, dish it up, sprinkling over it Grape Verjuice, Lime-juice, or Juice of Limons, or Juice of Oranges, and a good quantity of *D. L. S.* Or thus, Take Juice of Tansey, of Parsley and Spinage, of each a quarter of a Pint, a pint and half of sweet Cream, 12 Eggs Yolks and Whites, one grated Nutmeg, and a little Salt: mix and fry them, &c.

16. * **TANSEY Excellent.**

Take 25 Yolks and 14 Whites of Eggs, beat them well with a quart of sweet Cream; add Juice of Tansey and Spinage, of each a quarter of a pint, a pound of Naples Bisket grated, one grated Nutmeg, and a little grated Ginger, adding a little Salt; sweeten with Sugar, and in a Skillet with melted Butter, stir it over the Fire continually, till by a gentle boiling it thickens. Then put into a Frying-pan a good quantity of fresh Butter, which let be melted and very hot, put in your Tansey and fry it, keeping a Plate over it. Turn

it out without breaking, squeezing over it Juice of Oranges, and strewing over it D. L. S. pretty thick.

17. * **TANSEY LENT.** Take Juices of Tansey, of Parsley and Spinage, of each a like; Almonds beaten with the Rows of Carps or Pikes, grated white Bread, and D. L. S. a sufficient quantity, a grated Nutmeg, and a little Salt: mix well together, and fry in sweet Butter.

18. * **TANSEY** *without Fryng.* Take Juice of Spinage half a pint, Juice of Tansey a quarter of a pint, thick sweet Cream a pint and half, 18 Yolks and 9 Whites of Eggs, D. L. S. to your Taste, adding a little Salt, and one grated Nutmeg: Butter a Skillet a little; put it over a gentle Fire, till it be somewhat thicker than butter'd Eggs: then lay it upon a warm Plate, set it upon a few Coals, and with a Spoon make it of what thickness you please, let it stand and harden a while on that Side: Add Juice of Limon, or Verjuice, Butter and fine Sugar, and so serve it.

19. * **TARRAGON.** It is one of the hot, Spicy Materials of our Sallets, propagated both by Seed and rooted Slips, and springs again several times after it is cut. It lives all Winter, and requires but little watering in the dryest Summer. If planted in Beds, let 8 or 9 Inches be between each Plant; and the best time for planting it, is in March or April, which hinders not, but that it may be transplanted again in the Summer Season. Gather for Sallets that which is fresh, bright and tender, and tops of the Stalks, not the Leaves

which are almost blackish, tough, and old, or lyē near the ground, or grow near the bottom of the Stalks. It is generally eaten with Lettice, Purslane, Endive and Succory, instead of Rocket, &c. It comforts and strengthens a cold, raw, and weak Stomach, invigorates the Blood, and is good for old People.

20. **TARRAGON** *Pickled.* Strip it from the Stalk, put it into a Vessel with half White-wine, and half Vinegar, stop it close and keep it for use.

21. **TARRAGON PULTICE.** Take of Tarragon a handful, Rue-tops half a handful, Briony-leaves five or six; bruise them well, and mix them with two ounces of the Oil of Water-lilies.

It is an excellent Pultice, to allay Inflammations in Swellings, ease Pains in the Belly, by being applied to the Navel pretty warm; suddenly draws to a Head, and breaks Plague-sores, or other Swellings caused by internal Corruption.

22. * **TARES or VETCHES.** They are a great Advantage to Land, and are rather to be preferred to feed Cattle with, than any other Food; for the Plant is good, strong and nourishing for Cattle, as also the Straw, but chiefly the Grain it self, and are propagated after the manner of Pease. The Grain is extraordinary Food for Pigeons: They are commonly sown in February, and require a dry ground. They need but one ploughing, and want no other Manure, but the ploughing in of the last Stubble, because they enrich the Land. Sow not more than you can cover the same Day, because the Dew is apt

apt to spoil them. Some sow Horse-Beanes and Tares together, which is a very good way of ordering them; and they may easily be parted with a Riddle.

23. **TAR-WATER:** Take of the best *Sweeds* Tar, refined from its dross, or settling, six pound; put it into a thin earthen Vessel, and set that Vessel in a cold Still; make under it a gentle Fire, and when there comes a thorough Heat, a thin Vapour will ascend and distil into your Receiver; or for fear of injuring the bottom of your Still, you may have such an earthen Vessel as will shut close with the head of your Still.

This is an excellent and approved Water for all dry or old Sores, Scurfs, Scabs or Ulcers, being washed or bathed with it. It likewise eases the Pains of the Gout, or any Pains occasioned by coldness in the Joints. Lint dipt in it, and applied, eases the Pains in the Teeth; the Temples bathed with it eases the Pains in the Head.

24. **TART of APRICOCKS:** Take some Apricocks three quarters ripe, scrape the out-side off and put them into Water as you scrape them; having raised your Tart, dry them and fill it therewith, strow good store of Sugar on the top, close it, bake it an hour, and scrape on Sugar.

25. **TART of CHERRIES:** Stone your Cherries, and lay them in the bottom of your Pye, with beaten Cinamon, Ginger and Sugar, then close it up, bake it and ice it, when it is baked, pour into it Muskadine and D. R. W. well mingled together, and scrape off Sugar.

26. **TART in PATTIPANS:** Take a pound of Flower, three quarters of a pound of Butter, and four Eggs, leaving out the Whites, and fifteen large Pippins, one pound of Sugar, cut your Pippins round, cutting out the Cores, wash your Paste when they are in the Pans with melted Butter, and on the top put some shred Orange or Limon-peel, they must be rolled out very thin.

27. **TARTS of Pears, Wardens, Pippins and Quinces:** Take four Wardens, five Quinces, six Pears, eight Pippins, pare them and slice them into thin slices, then season them with beaten Cinamon, Orange, and Citron candied and minced, or for want of that you may use the raw Peels of Limon or Orange minced small; lay on the top of all, two pound of Sugar, then close up your Paste, Pasty-pan, or Dish; bake it and ice it, scraping on Sugar.

28. **TART of PIPPINS:** Having some Puff-paste ready in a Dish or Pan, lay in some preserved Pippins, which have Orange-peel in them, and the Juice of Orange or Limon to close them, and bake them a little.

29. **TART of PRUNES:** Stew two pounds of Prunes in as much Claret-wine as will cover them; being tender strain them, mash and rub them all together, and pour in some of the Lignor they were stewed in, to wash the Prunes from the Stones; set what you have strained over a Chafin-dish of Coals with a little whole Cinamon, large Mace, a little Orangado and Citron minced, season it with Sugar;

Sugar, D. R. W. and beaten Cinamon; let it boil up till it be thick; after this take out your whole Spice; let not the Walls of your Tart be above an Inch and a half high, and dry it first in an Oven; you may make it corner'd Fashion either in six, or eight, then put in your Stuff, and let no corner be empty, but with your Spoon plant it every where, put it into the Oven, and let it stand a little, when you draw it, scrape on Sugar.

30. **TART of ORANGES:** Boil Rice, when clean pick'd, in Cream, or Milk; and when it is tender, put it into a Dish, and season it with Nutmeg, Ginger, and Cinamon, a little Pepper, Salt and Sugar, the Yolks of six Eggs, and the juice of Oranges: bake it in a gentle Oven; and being enough, draw it: then scrape on the Lid of it, and so serve it up.

31. **TART of several Sweet-Meats:** Take some Puff-paste, and rowl it very thin, and lay it in the bottom of your baking-pan; lay in a Lay of Preserved Barberries, then some more Paste very thin to cover them, then some Currants preserved; and then a Sheet of Paste to cover them; then any white Sweet-Meats, as Pippins, white Plumbs or Grapes, so lid it with Puff-Paste, cut in some pretty fanse to shew the Fruit, bake it, and stick it full of Candied - Peels, and serve it cold.

32. **TART of Strawberrys.** Take middle sized Strawberries, and wash them, put them into your Paste, season them with Cinamon, and a little Red-wine; on the top lay Sugar, let it stand in the Oven about half an hour;

draw it, ice it, and scrape on D. L. S.

33. **TARTS to Ice:** After the Tarts are filled and lidded, take Orange-flower, or Rose-water, and with a Feather wet the Lids of your Tarts very well; have ready double refin'd beaten Sugar in a Sieve, and sift it thick all over, and put them presently into the Oven; let them stand till they are baked.

34. * **TARTAR.** It is the Mother sticking to the sides of Wine-Vessels, separated from the Wine by Fermentation. But that sort of Tartar which is used in Physick, is the white Rhenish Wine Tartar, sticking to the Casks like a very hard Stone. There is a red Tartar from red Wine; but the white is the best, because 'tis purer, and has less earthy Parts in it: The Lees of Wine are also a liquid Tartar. The Crystals of Tartar or Cream of Tartar, is aperitive and cathartick, purges well and gently, cools the Bowels, opens Obstructions, and is good for Asthmatical and Hydropical Persons. Fix'd Salt of Tartar is aperitive, strongly diuretick, and cleanses the Urinary Parts of Stones, Gravel, and all other Fæculencies, opening Obstructions of the Bowels. It is of use for the drawing forth the Tinctures of Vegetables. Oil of Tartar per Deliquium is used in the Cure of Ring-worms, Tettars, to discuss Tumours, and to make Cosmeticks of, to clear the Skin in Ladies Faces, Hands, &c. Tincture of Salt of Tartar is an Aperitive, a Purifier of the Blood, a Resister of Malignity, an Antiscorbutick, and Anticolick, &c.

35. * **TARTAR Vitriolate.** It is made by affusing Oil of Vitriol on Oil of Tartar per Deliquium, by little and little, till the Effervescence ceases, then evaporating the humidity in a Sand Heat, so will a very white Salt remain at bottom. 'Tis a good Aperitive, and also Catharick, and it will work likewise by Urine. Dose one or two Drams dissolved in hot Water-Gruel. It is given in Hypochondriacal Cases, for the King's-Evil, and all Diseases proceeding from Obstructions.

36. * **TARTAR CREAM Soluble.** To make this Soluble, Take Cream of Tartar, dissolve it in a sufficient quantity of hot Water; then gently drop into it Liquor of Salt of Tartar till the Ebullition ceases, evaporate the superfluous Moisture, and the soluble Cream of Tartar will remain; for the quantity of the fixed Salt surmounting the Acidity of the Cream of Tartar, breaks the Union of its Parts, and insinuating into its Pores, makes it dissoluble in cold Water, or cold Liquors; whereas otherways it could not be dissolved, but in those that are boiling hot.

For Soluble Emetick Cream of Tartar, Take Crocus Metallorum, mixed with Salt and Cream of Tartar, of each two ounces, pulverize them very finely, and let them macerate for fifteen Hours in three pints of cold Spring-water: then digest them as long in a moderate Sand-heat, and at length encrease the Fire, and let them boil gently; filter the Liquor, and evaporate it till a thin Film cover it, set it in a cool place to crystallize.

The Parts of the Tartar being dissolved by the fixed Salt remaining in the Crocus of Metals, is easily dissolved in cold Water, and fitted

to purge upwards and downwards, giving it from two to three, four, five, or six grains, in Broth, or Wine, or some other convenient Liquor.

37. * **TEAL.** 'Tis delicate Food; only cate must be had in the choice, if it be bought: And to distinguish whether it be fat or not: If it feels thick and hard upon the Belly, 'tis fat; if thin upon the Belly, 'tis lean; if dry footed, then it is stale kill'd; but if limber footed, 'tis new, kill'd.

38. * **TERMS to Provoke.** Take for 3 Mornings together, about the expected time, a Dram, or Dram and half of the Galls and Livers of Eels dryed, and reduced to Powder, in a Glass of White-Wine, or Canary.

39. **TEAL Boiled.** Take the largest sort of Teal, draw them and pick them clean; take about a dozen stewing Oysters, Thyme, Sage, Winter-savory and Parsley clean stript and cut small; make them with a little Butter and Pepper into a Ball stiffned with Flower; and the Fowl being trussed, put this into the Belly, tying the Neck and Vent very close; then put the Fowl into the Water when it begins to boil: Being boiled tender, dish them on Sippers, with Gravey, Anchovey-lawce, and the Herbs; laying the Oysters, with some Limon-peel and Parsley, about the Dish for garnish.

40. * **TEETH LOOSE.** It is most commonly gotten by vehement Cold taken, by which means a Defluxion of cold Rheum falls upon them: Wash them very well twice or thrice a day with good Brandy, holding it in the Mouth for some time; this

do for three or four Days. Then afterwards if the Gums be very much swoln, let them be lanced, or made to bleed, and wash them two, three, or four times a day with Tincture of Myrrh, for 10 or 12 days together; after which wash them with Tincture of Catechu in Brandy for two or three Weeks, the Patient during all this while keeping bruised Scurvy-grafs, all Night from Bed-time to Rising between the Gums, and the Lips or Cheeks.

41. * **TEETH** to fasten: Take a pint of Red or Claret-wine, and about half an ounce of Japan earth, dissolve it as much as may be; pour off the Clear, and wash the Mouth with it often: Or, Take Sage, and Winter-savory, boil them in Spring-water till the Water is strong of the Herbs; then put into a pint an ounce of Honey, and half an ounce of Aloin, boil it a little till the latter is dissolved: and being strained, wash your Mouth with it at convenient times.

But there is nothing better than to rub the Teeth and Gums with Green Scurvy-grass, six, eight, or ten times a day, or to hold the Herb between the Teeth and Lips all Day, between Meals; but especially to let it lye there all Night, and this to be constantly done, for twelve, or fourteen Days together, more or less, as you see occasion; this Method clears and cleanses the Teeth, absolutely cures the Scurvy in the Gums, fills them up with Flesh, and fastens the Teeth if they be loose, beyond all other things whatsoever.

42. **TEETH** to keep from Rotting or Aching. Wash your Mouth every Morning with Juice of Limons, mix'd with a little Brandy; and afterwards rub your

Teeth with a Sage-Leaf, and wash your Teeth after Meat with fair Water mix'd with Brandy.

43. * **TEMPLES.** They are lateral Parts of the Skull in the middle, between the Eyes and the Ears, where Cephalick Emplasters are applied for the Megrim, Head-ach, and Tooth-ach. The *Ossa Temporaria*, or Temple Bones, are situated on the lower parts of the sides of the Cranium; their upper part which is thin, consisting only of one Table, is of a circular Figure, and is joined to the *Ossa Parietalia*, by the *Sutura Squamosa*; their lower part, which is thick, hard and unequal, is joined to the *Os Occipitis*, and to the *Os Sphenoides*, which part is called the *Os Petrosum*. In these Temporal Bones there are two Internal, and four External Holes.

44. * **TENCH.** It has but small Scales, but yet smooth, large Fins, with a red Circle about its Eyes, and a little Barb hanging at each corner of its Mouth. It loves Ponds rather than clear Rivers, and delights among Weeds, loving to feed in very foul Water; yet its Flesh is pleasant and nourishing. The devouring Pike will not hurt this Fish, tho' it will seize on any other of its size, which comes in its way.

45. **TENCH-PYE.** To order this, and season it well, take about six Tenches; and having made the Crust, lay a laying of Butter, and some Nutmeg, Cinamon, and Mace lightly scatter'd over it; then lay in the Tench, put over them some more Butter and Spice, with a few blue Currans clean washed, and pour in about a quarter of

a pint of Claret, and bake it well; when enough, take it out, and put in more Butter at the Spout, and serve it up with some D. L. S. dusted over it.

After this manner you may season a Carp-Pye, but three of them if any thing large, are sufficient for one Pye.

46. TENDER EYES: Take the Waters of Plantane, Eye-bright, and Pimpernel, and Oil of Roses; beat them up together, and wash or anoint the Eyes with them, and the Sight will be much strengthened.

If they are apt to be Afflicted with a violent Flux of Rheum, either from Weakness, or taking Cold, you may wash the Eye with Simple Brandy, cold, three, four, five, or six times, at due Intervals: It is a remedy beyond most other things; nor will it make the Eye smart so much as some things which seem to be much more mild.

47. * TENDON. It is a Similar Nervous Part, annexed to Muscles and Bones, whereby the Voluntary Motion of the Members is chiefly performed; the Generality of Chirurgeons scarce ever distinguish between a Tendon and a Nerve.

48. TENESMUS: Mix Balsam of Sulphur made with Oil of Turpentine, with Linseed-Oil, or some other such like convenient drying Oil, till the Balsam be thereby so well allayed, that it may be well endured; then let the Party dip a Finger in it, and use it as a Suppository once or twice a day.

49. * TETTAR, and RING-WORM. They are kill'd by washing with the Water of the Griffon; the most stubborn, scarcely resist this Medicine. They are

also cured by washing with this Water: Take Roch-Alum, white Vitriol, of each in powder two ounces; fair Water two Quarts, mix and dissolve, with which Bath the Parts affected for half an Hour twice a day, as hot as can be well endured: If these things fail, while using them, you must apply this, Take Tobacco-Ointment 4 ounces, Turpethum Minerale an ounce; mix and apply it Plaisterwise.

50. TETTAR: To cure this, take black Soap a quarter of an ounce, Bole-Armoniack two drams, Oil of Turpentine three drams, Bees-Wax half an ounce, and Bears-Grease one ounce; make these up into an Ointment, or thin Plaister, and apply it to the place, renewing it every day, and a speedy Cure will ensue. It also breaks the Whitloe, and is excellent against Scalds or Burns.

Or, Take fair Water a Quart, White Vitriol, Roch-Alum, of each an ounce; mix and dissolve, and with this Water wash the Tettar, two, three, or four times a day, for a quarter of an Hour at a time, as hot as can be endured: In ten days time it will perfectly cure it, though it has been of Twenty Years standing.

51. TETTERS to Kill: Take of burnt Alum, Ginger, and Flowers of Sulphur, of each a like quantity; mix them well and incorporate them with fresh Butter, so much as when melted, will bring them to the consistence of an Unguent; and with it anoint the Part afflicted, as hot as can be well endured, when you are going to Bed, and let it continue on all Night; and when you rise, wash it off with Celan-

dine Water ; but upon going to Bed, take a little Gascoign-powder in a spoonful or two of Treacle-Water.

52. * **T H E E, T E A.** It grows in *China, Japan*, and other *East Indian* Countries. It has a pretty Fragrant Smell, and is of two sorts, *viz. The Green*, and the *Bohea*, both of them growing on a Thorney Shrub in those Countries. They cool, refresh, and are vehemently Diuretick, whereby it is said to be good against Dropsies, Gout and Stone, because it clears the Reins and Urinary parts of all the Mucilaginous and Tartarous matter which breeds it. Our *English Tea*, which is only *Sloe Leaves* gathered in *May*, whilst they are young, answer all the ends of the *Indian Tea*, having the same color, taste and smell ; nor can the Wisest Man distinguish between the Form of the Leaves when both are scalded, so as to know the *East-India Tea* from Our *English* ; the shape, magnitude, edging, and color of each Leaf being exactly the same, and therefore I commend Our *English Sloe Leaves* in the place of the *Indian Tea*, since the Wisest of Mortals can't distinguish them when scalded, nor yet discern any difference in the Liquors, either in color, taste or smell : But if any is to be prefer'd, it is the *English*, because it is a perfect Cure for the Colick, which the other is not, but is said rather to cause it in many Constitutions or Habits of Body.

53. **THICK BEER** to make Clear. Take two ounces of Mingleas, and shred it very small, put it into one Gallon of Stale-Beer, and let it stand and steep

therein twelve or fourteen hours, and put it into your Butt of Beer, stir it well with a long Stick, stop it very well close, and after one Day you may Tap it.

54. **THRUSH**: This is usually incident among Children, and frequently proves very dangerous ; wherefore to remedy it, Take Juice of Red Sage two ounces, as much Alum beaten as the bigness of a small Hazle-Nut, and half a spoonful of Honey, which when the Juice begins to waste, put in, so let it boil a little ; and having cooled it, rub the Party's Mouth with a little of it, washing it afterwards with the Juice of Sage.

55. * **T H Y M U S**: It is a Glandule in the Throat, which as *Blanchard* says, is for separating the *Lympha* from the Blood, to empty it into the Lymphatick Vessels. It is a Conglobate Glandule in the Throat, growing to the upper part of the *Mediastinum*, and seated between the divisions of the Subclavian Veins and Arteries. It is whitish, soft and spongy, and larger in Children and Women, then in Men. The *Jugular Veins* and *Arteries*, pass thro the Gland, as they go up the Neck ; but this don't send any conspicuous Branches to it. Its use seems mostly to be to prop and to strengthen the divisions of the *Aorta* and *Cava*, and to defend them from being compressed by the *Clavicula*, when we stoop forwards ; and perhaps in Infants, in whom it is large, and consists of three Glands, it may contribute towards the Refining and depurating the *Chyle* ; and possibly it may hinder (as *Perheyden* thinks) the

the too hasty mixture of the *Chylus* with the Blood in Children. *Thymus* also signifies a Fleishy Tumour upon the Body, like a Wart, of a Colour like the Flower of Thyme, whence it has its Name.

46. **THYME GARDEN**, *its Virtues*: It provoketh Urine, heats, and being taken in Drink, purges the Internals, and expectorates all Nauseous and ill Humours of the Lungs by Spitting; a Dram of Thyme dried, and reduced to Powder, being taken fasting in a Glas of Canary, by often repeating, eases the Pains of the Gout; for it gently purges Choler, and other sharp Humours: It is good also for Diseases in the Bladder; and a dram being taken in an ounce of Honey and Water, is good for such as have their Bellies begin to swell, for the Sciatica, and Pains in the Reins, Sides, and Brest; for Stitches about the fore-part of the Belly, for Melancholy Persons, and those that are troubled in Mind, and much given to Frights and Fears upon slight occasions, if a dram be taken in an ounce of Honey and Vinegar well tempered together: It is also profitable against the Weakness of the Eyes, and the vehement Pains thereof, and acuates the Sight. There is an Oil extracted from it of the Colour of Gold, which cometh forth with the Water, when the Herb being fresh and green is Distilled in a Bath of hot Water. This Oil smells like a Citron, and is very tart in Taste: Its use is to heat all Cold Parts.

47. * **THYROIDEÆ Glandule**, *Throat Sweet-Breads*: They are two, of a Viscous,

Solid, Bloody Substance, wonderfully adorned with Vessels of all sorts, and hard Membranes; almost of the bigness and shape of a Hens Egg; situate above the lower part of the *Larynx*, or head or top of the Wind-Pipe, at the sides of the Cartilages called *Scutiformis*, and some first Rings of the Wind-Pipe upon which they lye, yet so as they may be easily separated, except where they stick somewhat fast about their beginnings and ends. They are placed in those parts, to warm them when cold, receive superfluous moisture, and contribute to the Ornament of the Neck, by filling up the empty spaces about the *Larynx*. They seem to separate a Liquor for the Lubrication of the *Larynx*, whereby the Voice is rendred firm, smooth, and sweet.

48. * **THORN WHITE**: It is esteemed the best for Fencing, and is raised either from the Hawes or Seed, or from Plants, which latter is the speediest way, but the other is much the less Charge, tho' it requires a longer time. The Root of an old Thorn is excellent for Boxes and Combs, and is Curiously and Naturally wrought. Formerly they made Ribs to some small Boats of the White Thorn Timber, and if they were Planted Single, and in Standarts, they would rise in time, to be large Bodied Trees, and be of excellent use to Turners, not inferiour to Box. The whole substance of Haws, (Stones and all) being reduced to a powder, is said to be a good Remedy for the Stone and Gravel.

49. * **THORAX**, or middle Ventricle, or Brest, it is all the Cavity, which is circumscri-

bed above, by the Neck-Bones; below by the *Diaphragma*, before, by the Breast-Bone; behind by the Back-Bones; and on the sides by the Ribs. It is of an Oval Figure, contains the Heart and Lungs, and is covered on the inside with a Membrane called *Pleura*.

60. * TICKLING RHEUM: This is caused by *Defluxions*, and is often very troublesome. To remove it, Take *Olibanum* and *Venice Treacle*, of each a like quantity; incorporate them well, and make them up into little Pills, and let the Party take a dram at a time, and if need require it, a scruple or two once or twice a day.

Every Night going to Bed, let the Sick take from twelve six Grains, of my Volatile Laudanum, and every Morning fasting this mixture: Take choice Tent or Alicant six ounces, Tincture of Catechu made with Brandy, a Spoonful and half: mix for a draught; if these things be continued for some time, they will not fail of doing the Cure.

61. * TINCTURE: This in Chymistry is a Dissolution, or rather a Separation of the more fine and Volatile Parts of a mixt Body, by the help of Spirit of Wine, or some other proper *Menstruum*. The Matter is beaten or bruised in a Mortar, then put into a Matraass, and Spirit of Wine, or other *Menstruum*, is infused upon it to supernate 3, 4, or 5 Inches; the Glass is close stopp'd, and set in Digestion, in a gentle Sand heat, (and sometimes not in heat) for 10, 20, 30 or 40 days, more or less, according to the nature and disposition of the Ingredients, shaking the Vessel once or twice, every day. The Digestion is to be continued till

the Color will be no higher or deeper; then letting it rest to be Fine, the Pure Fine and Clear Tincture is decanted and kept in a Glass close stopp'd for use.

62. * TINCTURE of Amber. Reduce 5 or 6 ounces of yellow Amber into an impalpable Powder, put it into a Bolt Head, and on it pour Spirit of Wine the height of four Fingers; stop the Head with another to make a double Vessel; and when you have exactly Luted the Junctures with a Skin or wetted Bladder, place it in Digestion in hot Sand, and leave it 5 or 6 days, till the Spirit of Wine is sufficiently tinged with the Amber Colour; then decant the Tincture, and put more Spirit of Wine to the Matter, and so digest it as before; and having separated the Impregnation, mix it with the other, and filter them, and so put them into an Alembick, and Distil them with a soft Fire; about half the Spirit of Wine, which might before serve, may do in this last. Keep the Tincture which you find remaining at the bottom of the Alembick, close stopp'd up for use.

You may take ten Drops of this, in some convenient Liquor for the Apoplexy, Palsie, or Epilepsie; and it is much commended for helping Women in most Distempers of the Head, or Affliction of the Brain.

63. * TINCTURA SACRA: Take of the Species of *Hiera Picra*, one ounce, Canary a pint; infuse the former in the latter, in some cool place, the space of seven Days, shaking it two or three times a Day, and then let it stand till the Wine looks clear.

This wonderfully cleanses and strengthens the Stomach, is good for the Jaundice, Dropsie, ill Habit of Body; and for opening Obstructions in the Liver and Spleen. Three Spoonfuls may be taken at a time,

more or less, according to the Age and Strength of the Party Afflicted.

64. * **TINCTURE of Saffron**: Digest in two Quarts of our Aqua Bezoartica, two ounces of Saffron for the space of six days; then the Tincture being strained out, keep it close stopp'd for use. You may take of this two drams at a time in a Glass of Wine, or other convenient Liqueur.

It is wonderfully Efficacious in Chearing and Comforting the Heart, Cancelling the Crude Humours of the Breast, helps the Jaundice, is good against the Infection of the Plague; and is of singular Validity in driving out the Small Pox; but in that case, you must be wary in taking too much of it, for fear of Inflaming the Blood.

65. * **TINEA**: A kind of Scald Head: If running Sores in the Head, full of little holes, called Achors, continue long, or be too slowly or ill Cured, they grow into Tinea's, crusty, stinking Ulcers of the Head, which gnaw and consume its Skin. They are reckoned among Childrens Diseases, even when they are but a little grown up: For tho' Adult Persons are sometimes troubled with this Disease, yet they Contracted the Rudiments and Seeds of it in their Infancy. It is called Tinea, which signifies a Moth, from those little Insects, which eat and consume Cloths, because those Ulcers prey upon the Hair and Skin of the Head, as those Moths upon Cloths. The Cure is by Blistering all over the part affected; or washing it daily with the Water of the Griffin, and applying over it Tobacco Ointment, mixed with Torpetum Minerale.

66. **TOASTS to make**: Cut two Penny Loaves in round slices, and dip them in half a

pint of Cream or Canary; lay them abroad in a Dish, and beat three Eggs and grated Nutmeg, and Sugar; beat them with the Cream, then take your Frying-Pan, and melt some Butter in it, and wet one side of your Toasts, and lay them in on the wet side, pour in the rest upon them, and so fry them, send them in with D. R. W. Butter, and D. L. S.

67. **TOASTS, or BALLS, &c.** Fried: Take a boiled or raw Pike, mince it, and stamp it with some Old Fat Cheese grated, season it with Cinamon, Sugar, and boiled Currants, add the Yolks of hard Eggs grated; and these being all well mingled together, you may make them up into Toasts, Balls, Pastils, or any such little things as you please; and frying them with sweet Butter, and Grated Nutmeg, they will taste wonderful pleasant; but the chief use they were devised and intended for, was to lay about Dishes of Fried Meats, the better to set them off, though they eat very Curiously.

68. **TONGUES of DEER, Calves, or Sheep, Fried**: Boil your Tongues, and peel them, then cut them into thin slices, and put them into the Yolks of six Eggs beaten with Nutmeg, Sugar, Salt and Cinamon, with a handful of Currants, a little Candied Limon, cut in thin square pieces; let your Pan be just ready, put the Ingredients into the Pan by spoonfuls; being fryed (but have a Care of Burning) serve them with Sawce made of D. R. W. Sweet Butter, and D. L. S.

69. **TONGUE - PYE**: Take a Neats-Tongue well boiled, blanch it, and cut it in thin slices, as al-

to some Bacon, and lay a Laying of the Bacon between every Laying of the Tongue; but let the Bacon be cut much thinner, and lesser in quantity; they must be seasoned with half an ounce of Pepper, two large Nutmegs, and three Anchovies; forbear to sprinkle any Salt; then take half a pint of Claret-Wine, and some Gravey, the Yolks of three Eggs, a piece of Butter, and grated Nutmeg, boil them up to a considerable thickness: When the Pye is Bak'd, put it in with a Funnel at the open place left for that purpose. And by this method you may order and season a Hare-pye.

70. * **TONGUES - NEATS**
Roasted: Let it be tender boiled and skin'd; when cold, cut a hole in the But end of it; mince the Meat you take out, putting to it Savory and Thyme shred with a minced Pippin or two; the Yolks of Eggs sliced, minced Beef-suet, or minc'd Bacon, beaten Ginger, and some Salt; fill the Tongue, and stop the end with a Cawl of Veal; then Lard it and Roast it: Make Sawce with Butter, Juice of Oranges, and grated Nutmeg. Garnish with sliced Limons and Barberries.

71. * **TONGUE and UDDER**
Roasted: Being boil'd and skin'd, Lard it with pretty large Bacon all the length of the Tongue, as also the Udder. Season with Nutmeg, Cinamon, Ginger, and some Salt; then Spit and Roast them; baste with sweet Butter, and when Roasted, dress them with Grated Bread and Flower, and some of the Spices aforesaid, with some D. L. S. then serve it up with Juice of Oranges, Gravey, D. L. S. and sliced Limon.

72. * **TONGUES to Dry**: Put them into Brine two or three days, take them out, and Salt them with Refined Salt for 2 or 3 days more; then hang them up near the Air of the Chimney, and after Household-Bread is drawn forth, put them on a little Board, and dry them in the Oven; which (being dried) keep for boiling upon occasion.

73. * **TONSILLÆ**: *The Almonds of the Ears*: They are two Glands seated at the Root of the Tongue, on each side of the *Uvula*, and at top of the *Larynx*, covered with the common Membrane which invests all the whole Mouth. *Wharton* says, that tho' they seem to be two, yet they are but one, being continued to one another by a thin and broad Production, which is of the same Glandulous Substance with them. He says they are of a yellowish Color, and compares their Substance to Concreted Honey, only of a more firm Consistency, but look Sandy like it. They have small Vessels from the Jugular Arteries and Veins, and Nerves from the Fifth Pair. And each has a large Oval common *Ductus* or *Sinus*, into which many lesser open, and by it discharge the Liquor which is separated from them, into the Mouth. *Fallopins* has observed this *Sinus* to look like a small Ulcer, when the Gland has been swell'd; and sometimes by Unskilful Surgeons has been treated as such, when it was forced only to Gape through the too much Defluxion of Humours. The Ancients thought the use of these Glands to be, only to separate a Pituitous substance from the Blood, for the Lubricating and moistning the Fauces, Gullet,

Gullet, Larynx, and Tongue; but Dr. Wharton attributes to this Saliva a Fermentative Quality, and that it makes a Ferment, to further the Concoction of the Stomach.

74. * **TOOTH - ACH**: To ease the violent Pain of the Teeth; If the Tooth is not hollow, you must take two, three, or four Grains of our Volatile Laudanum, every Night going to Bed; and in the Day-time, (if the Pain is extream) you must hold this mixture in your Mouth: Take of our Guttæ Vitæ two Drams, Sherry-Sack four Spoonfuls, mix them, which use at several times; but if the Tooth is hollow, take of our Volatile Laudanum ten Grains, Scio Turpentine four Grains; mix, and incorporate it with Lint, which thrust into the Hollowness of the Tooth to the bottom; but the best and most infallible way, is to Burn the Nerve at the Root of the Tooth, with a red hot Knitting Needle; after this Operation, I never observed the Pain to return any more.

But if there be no Hollowness in the Tooth, or visible Defect, and yet it is painful, Take the Root of Black Hellebore, commonly called Bears-Foot, scrape off the Rind, and cut a pretty slice, and lay it to the Tooth between your Gums, and the inside of your Cheek, avoiding the Rheum that it will occasion; and so renew it with a fresh piece.

75. * **TORRIFIE**. That is to Roast as it were. It was formerly the usual way to Torrifie Opium against the Fire, before any Medicinal Preparation was made with it; in order to Evaporate some of its dangerous Particles, (which cause Sicknes at Stomach;) and some say a great part of the Virtues of the Opium, is lost by this means: Yet this is certain, that the Powder of

Opium thus dried, has all its Anodyn and Narcotick Qualities still remaining, and never makes the Stomach Sick, like those Tinctures, Electuaries and Pills made thereof, without this Torrification. But other things are Torrified or well dried, only in order to their more easy reducing them into Pouders, &c.

76. * **TORMINA Hysterica**. The Hysterick Colick: It happens chiefly to Women of a Lax and Crude Habit of Body, and such as have been a long while before seized with some other Hysterick Disease, or which lately have had a very hard and difficult Labor. A violent Pain seizes first the Region of the Thorax, and sometimes a little below it, which is followed by a violent Vomiting of Green, and sometimes a Yellow Matter, with a greater Dejection of Mind, than is usual in any other Disease. After a day or two, the Pain ceases, but returns again in a few Weeks after, as fierce as before, and has sometimes the Jaundice accompanying it, which vanishes in a few days, when the Symptoms are all quiet, and the Woman seems very well; but any small Occasion, or Commotion of Mind, either Walking, or inordinate Exercise, &c. may recall the Pain and Affliction again.

77. **TREACLE - WATER**: This is the most Excellent sort of all. To make it, Take the Roots of Gentian, Angelica, Master-Weed, Valerian, and Contrayerva, of each two ounces, Citron-Rinds, and Orange-Pels, Cinamon, Cloves and Juniper-Berries, of each an ounce; Tops of Water-Germander, Rue, and Saint Johns-Wort, of each one handful: Infuse them three Days in Spirit of Wine,

Wine, Water of Nuts, and Carduus Benedictus, of each a quart; then add four ounces of Venice Treacle; Distill the whole in a Sand-Heat, and keep the Water close stopped for use.

This is an excellent Water to resist Poison, and to Fortifie all the Noble Parts, being taken from one Dram to half an ounce. Some make a Treacle-Water, by dissolving the Treacle in equal parts of Spirit of Wine and Vinegar, using it without any Distillation; but Reason and Experience tells us this is far more Excellent.

78. TREMBLING, a Remedy. *If the Members tremble and shake, that you cannot at certain times hold them still, though no cause of Fear, Danger, or Defect, is evident to cause it, anoint the Crown of the Head, the Hair being Shaven off, and the other Parts, especially where you find the Trepidation, with Powers of Lavender, and Drink two Drams of the Water that is made of Mans, or Swines Blood, brought to Putrefaction, digested with Aqua Vitæ, or Spirit of Wine, and afterwards Distilled. This must be frequently repeated for a Month's time.*

79. TROTTERS, (Sheeps) *Fayced the French way:* Let them be well scalded, and afterwards stew'd in good Broth, with a little Parsley and Chibbols, taking care that they be not over done; as soon as they are taken out, let the Feet be cut off, leaving the Legs, the Bones of which must be taken away, and the Skins spread upon the Table or Dresser, in order to be stuffed with a little of the Fatce of Chickens Flesh, or some other, and roll'd up one by one: After having laid them in a Dish, and

sprinkled them with a little melted Fat, they must be neatly breaded on the top, and brought to a Colour in the Oven; when they are Coloured, let the Fat be drain'd from them, and let the side of the Dish be rubb'd with a Shalot, pouring a little Ragoo upon them, or a Mushroom Cullis, before they are served up hot to Table.

80. * TROUT. It is a Fish which comes in, and goes out of Season with the Stag and Buck: It Spawns about October and November, in cold Weather, whereas most other Fish Spawn in a warm Season. There are several kinds of them, but the Red and Yellow Trouts are the best; and as to the Sex, the Female is to be preferr'd, having a less Head and deeper Body than the Male. By their large Back, you may know when they are in Season, which is observable in all other Fish. All Winter it is Sick, Lean, and unwholesome, and is often found to be Lousy, which Trout-Lice, are a small Worm with a big Head, sticking close to the sides, and sucking its Moisture from it; from which, 'tis not freed till Spring, or beginning of Summer; at what time its Strength increases, and deserting the still deep Waters, betakes it self to Gravelly places, against which, it never leaves rubbing, till it has cleared it self of its Lice; after which, it then delights to be in a sharp and swift Stream, where it lyes in wait for Minnows, and at the latter end of May, is in its Prime, being then best and fattest.

81. TROUTS to Steew: Take three or four of them, or more, according to their bigness,

ness, and put them in a Dish with somewhat more than a quarter of a pint of White-wine, and a quarter of a pound of Butter, a little whole Mace, some Parsley, a little Winter-savory, and Thyme, minced all together; which done, put them to the Trouts; let these stew about a quarter of an hour; take the Yolk of a hard Egg, and mince it small, stewing your Trouts therewith, and dish it up; put the Herbs and Liquor all over them, and serve them very hot to the Table.

82. **TROUT to Boil.** Take Vinegar, Water, and Claret-wine; a handful of Salt, a few sweet Herbs; so boil it, and let it lye in the Pickle till you be minded to eat it.

83. **TROUTS and Jacks to Pickle.** Take as much Water and Vinegar as will cover them, and put to it all sorts of Spice, and a bunch of sweet Herbs; boil the Fish in it till it is enough, then take it out of the Liquor, and when it is cold, put it in the Pickle again.

84. * **TUBÆ FALLOPIANÆ.** They are two slender Passages, proceeding from the Womb; which when they are a little removed from it, grow gradually wider: They have large holes or Orifices, which almost lye shut, the extream Edges falling flat; yet if they be diligently opened and dilated, they represent the extream Orifice of a *Brazen Trumpet*. Their use is to receive the Eggs from the Testicles, and convey them into the Womb, according to the Opinion of *De Graaf*; the Truth of which is evident from the Inspection of Rabbits dissected.

85. **TUMOUR in the Eye.** This is otherways called a *Phlyctena*, or a little Tumour in the carneous Tunicle of it. To remove it, Take the Ointment of Mucilages, and dress the Eye with it for some time to ripen the Tumour; then with a steady Hand open it with a Lancet, or Needle, and press out the offensive Matter: Cleanse and heal the Part with Honey dissolved in a little Sage-water.

86. **TUMOUR of the Knee:** Take a green Colwort-leaf, with red Veins, or Streaks; pare off the Ribs flat and almost level to the rest of the Leaf, and with the hant of your Knife bruise it, and apply it to the Part affected, renewing it three or four times a Day: This also allays any Heat or Pain by other Causes, and draws gently, evacuating the Humour by Sweat.

87. **TUMOUR to Ripen.** Take eight ounces of fat Figs, two ounces of white Lilly-roots, two ounces of Bean-Flower, (or Meal:) boil them, the Figs and Roots being bruised, in as much Water as will reduce them to the consistence of a good Pul-tice, which spread to a good thickness, and lay warm upon the Part, and shift it often till it becomes ripe.

88. **TUMOURS Sharp.** Take Spring-water a gallon, put into it a good handful of dried Sage, let it boil till it be strong of it, at what time put in about two ounces of Spanish Cake-soap; and when it is dissolved, the Decoction is compleat: and with this, and Stuphes, foment the Part grieved warm for a considerable time together. This is excellent good to allay and dis-
perse

perfe all Tumours accompany'd with sharp and afflicting Humours.

89. **TURBUT Boil'd.** Draw the Fish, and wash it clean from the Blood and Slime, put it into boiling Water and Salt; and suffer it to boil very leisurely, keeping it scumming, and add more Salt in the boiling; and when the Water begins to shrink add a little White-wine and Vinegar, Mace, Ginger, and two or three Cloves, with some Limon-peel; and when it is boiled and cold, put in a sliced Limon, or two, and take up the Fish, and keep it in an earthen Pan, with the Liquor it was boiled in, close covered. Your Liquor you boil it in must never be but little more than will cover it; and the Fire must be gentle, over which it is boiled, for fear of breaking.

90. **TURBUT to Fry:** Slice the Fish, hack it with your Knife, and it will be ribbed; fry it with Butter till it is near brown; drain the Butter from it, and the Pan being made clean, put it in again with Claret, and Nutmeg, sliced Anchovy, and so fry it till half the Liquor be consumed; then put in a piece of Butter, mix it well with the rest, and mince a Limon into it; having rubbed the Dish with Onion, or Shalot, serve it up in what you last fryed it in.

91. **TURBUT Baked.** Wash and draw it, barb the Fins round, scatch it on both sides, season it well with sweet Herbs, Cloves, Mace, Nutmeg, Pepper and Salt on the under side, season it in the Scatches (in the upper side) only with Cloves, Mace, Nutmeg and Salt; then

make your Crust in the manner and form of a Turbut; dry it in your Oven, take it forth and wash it in the inside with the Yolks of Eggs, and strow the bottom over with a minced Onion, and six Anchovies; put in your Turbut, with the back-side downwards, and having some small forced Meat-Balls of Fish, put round about the sides, and put Oysters and the Liver all over it on the top, and the Yolks of six hard Eggs, with good store of Butter, so set it in the Oven: let the bottom of your Oven be very hot, that it may boil up to the top; when it is baked, take White-wine and Oyster Liquor; let it be hot, and beat it up with the Yolks of three or four Eggs, and put it in your Pye, shaking it together that it mingle with your Butter; put it in the Oven again for a littly while, and then serve it up, garnish it with fried-Oysters,

92. **TURBUT Bak'd.** Your Turbut being fin'd, and prepared; slash it on the white side with your Knife, season it with small Pepper and Salt, Nutmegs, Cloves, and Mace; your Crust being made according to the proportion of the Turbut, put it in, lay on Butter, close and bake it.

93. **TURBUT to Sauce.** Having boiled it, put it into Vinegar, Salt, and White-wine, with some of the Water it was boiled in; then add some Spices, as Cloves, Nutmeg, and Ginger, some tops of Fennel, and Bay-leaves, keeping it close covered.

If you would eat it hot when boiled, put on it some stewed Oysters, lay slices of Limon, and run it over with beaten Butter, place

place Sippets conveniently in the Dish. Or serve it up with beaten Butter, sliced Limon, sweet Herbs boiled and minced, Onions and Barberries cut small.

94. **TURBUT to Stew.** To do this the best way, Cut it in slices, and fry it; and being half fried, put it into a Stew-pan, with Claret, grated Nutmeg, and three or four slices of an Orange, a little Verjuice, or Vinegar, and some sweet Butter; and when it is sufficiently stewed, dish it up, and run it over with beaten Butter, sliced Limon, or Orange and Limon-peel, and so serve it up.

95. * **TURBETH MINERAL.** *Yellow Precipitate.* Put a pound of Quicksilver into a Glass Retort, and affuse thereon four pounds of Oil of Vitriol rectified; set it into a Sand-heat; and when the Mercury is dissolved, which will be in ten or twelve hours time: distil off the humidity gently at first, but with a strong Fire at last, to drive forth all the Spirits: Break the Retort, so will you find a white Mass. Powder it in a Glass Mortar, and then affuse thereon warm Water, so will it presently turn yellow; wash it several times, and dry it in the Shade. It will both vomit and purge, and may be given from three grains to six, eight or ten, made into a Bolus, with a little *Mithridate*.

96. * **TURKEY.** 1. Being Fat, it exceeds any other tame Fowl; and they are kept with more Ease, and less Cost: for they will take more Pains for their Food than any other Bird, only they are Spoilers of a Garden. 2. When young they are hard to bring up, both because

they are of a straying Nature, and the Dam is so negligent, that whilst but one follows her, she never cares for the rest: So that a Keeper must attend them, till they are able to shift for themselves; and then they will flock together, and seldom stray. 3. From this time forward you need take no care for Food for them, they will care for themselves, and roost abroad on Trees, and other high Places. 4. For Breeding, let not the Cock be above two years old at most, loving to the Chickens, large, stout, proud, majestic; for if he walks dejected, he never proves a good Treader. 5. For the Hen, let her be large and fair; she will lay till five years old and upwards; but if not prevented, she will lay her Eggs in secret Places, for which reason she ought to be watch'd, and brought back to the Hen-House, and compelled to lay there: She begins to lay in *March*, and will sit in *April*; will not cover above 11 or 12 Eggs, and hatch them within 30 days. 6. Upon hatching the Brood, the Chickens must be kept warm, for the least cold kills them, and fed often, either with Curds, or fresh green Cheese, and their Drink ought to be new Milk, or Milk mix'd with a little Water. 7. When they have gotten Strength, they may be fed abroad in some close wall'd Grass-plat, where they cannot stray; else you must be at the charge of a Keeper. Dew is hurtful to them; for which cause they must be hous'd at Night, and let out after Sun rising. 8. Fatten them with sodden Barley, or sodden Oats for the first Fortnight, and the next Fortnight

Fortnight cram them as you cram Capons; so will they be fat beyond Measure.

97. **TURKEY - COCK.** If he be young he hath a smooth blackish Leg, and a short Spur; if old, he hath a sharp Spur and a red Leg; if he be stale, he will be dry footed, and his Eyes will be sunk in his Head, but if he be new killed, his Eyes will stand firm in his Head as if he were alive. A *Turkey-Hen*. If she be old will have a red Leg, and rugged Grain, but if young a smooth Grain; and if she is full of Eggs, she is soft and open vented; if hard vented, not full of Eggs.

98. **TURKEY - PYE.** For this, to season it well, you must take half an ounce of Cloves, finely beaten, with a little Mace, Pepper beaten one ounce, Nutmegs sliced thin, or scraped one ounce and half, a quarter of an ounce of whole Mace; then put four pounds of Butter in the Pye, mix more Salt than Pepper, and forget not to put two pounds of Butter to every peck of Flower: And in this manner you may season and order a Goose-pye.

99. **TURKEY or Pigeon-Pye, the French way.** Having provided large Pigeons, let them be drawn, truss'd and beaten on the Brest, to break the Bones: let them be larded with thick slips of Bacon, and well seasoned; take the Liver, with raw Bacon, Parsley, Chibbols, sweet Herbs, all well chopt and seasoned; as also some Truffles, Mushrooms, and Marrow, and pound altogether in a Mortar; stuff the Bodies of your Pigeons, or young Turkeys with this Farce, and re-

serve a little of it to be put underneath: In the mean while the Pye being made of good Paste, some of this Farce must be put on the bottom, and afterwards the Pigeons in due order, and well season'd, adding also a Bay-leaf. Then all must be covered with thin slices of Bacon, and with a Lid on the top, when the Pye is baked, let it be clear'd from the Fat, and at the same time let a good Ragoo be poured into it, ready prepared, with Veal Sweet-breads, Mushrooms, Cocks-combs, &c. accordingly as occasion may serve, or the season will admit. But let it be set on the Table hot among the Side Dishes.

100. **TURKEY, Goose or Pigeon-Pye:** Bone a Turkey, or only slit it down the Back; take out the Brest-bone, break the others, cut two Fowls in pieces, season all, if it be large with two ounces of Pepper, and four ounces of Salt, two Nutmegs; stick the Brest with twenty Cloves; put eight ounces of Butter in its Belly, and eight ounces over the bottom of the Pye; put it into the Pye with the Brest upwards, and the Fowls to fill up the Corners; put three pounds of Butter on the top Lid, and bake it; and fill it up with clarified Butter and 'tis fit. To a Goose put two Rabbits instead of the Fowls. Truss Pigeons, and season them the same way, but not so high, and no Cloves. If you send any of these Pyes far, just when it is baked make a little hole by the bottom, let out all the Fat and Gravey, then stop it with Paste, and put in all the clear Fat again at the Lid; fill up the Lid with Butter; when the Pye

Pye is cold, take out the Paste, and stop that hole with Butter also.

101. **TURKEY Roasted :** Draw the Fowl, and take Sweet Herbs, shred them, and put them into a Linnen Bag, with Butter and Spices, and so put it into the Belly ; baste it with Butter, and dridge it with Flower ; and when it is Roasted, serve it up with Anchovy Sawce ; Garnishing it with sliced Limon.

102. **TURKEY to Boil :** Boil your Turkey in Broth, and fill the Brest with Forc'd Meat, lay it in your Dish with Scotch-Collops round it, and Clary fried in Eggs to Garnish the Dish, then serve it up with sliced Limon.

103. **TURKEY Farced, the French way :** Let the Turkeys be Truss'd for Roasting, but not par-boil'd ; the Skin on their Brest must also be loos'd to the end, that they may be conveniently stuff'd with a Farce made of raw Bacon, Parsley, Chibbols, and most sorts of fine Herbs all chopt small, pounded a little in a Mortar, and well season'd : The Turkeys being thus Farced between the Skin and the Flesh, as also a little in the Body, must be well Spitted and Roasted afterwards ; they are to be dress'd in a Dish, pouring upon them a good Ragoo of all sorts of Garnitures, and served up hot to Table. The same thing may be done with Chickens, Pigeons, and other sorts of Fowl, and to diversifie them on several days, they may be Baked, or Stew'd in a Pot, between two Fires, after they have been Stuff'd as before ; when they are ready, let them be well drain'd, and served up with a good Ragoo of Truffles,

and Veal Sweet-Breads, all well dressed, and cleared from their Fat.

104. **TURKEY Souced :** Take one or two Fat Turkeys, when they are well dressed, take out the Bones, and tye up the Flesh in the manner of a Sturgeon ; put into your Vessel two Quarts of White-Wine, one of Water, and one of good Vinegar ; make it boil, and pretty well Season it with Salt ; then put in the Flesh, and let it boil till it be very tender ; and when it is sufficiently boiled, take it out, and taste the Liquor ; and if it be wanting in Sharpness, put more Vinegar, and when it has boiled a little, put it into an Earthen Pot ; being Cold, put in the Liquor it boiled in, quite covering it ; so suffer it to remain three Weeks or a Month : Serve it up as you do Sturgeon, with Elder Vinegar, and Garnished with Fennel. Thus you may Pickle a Capon, only then you must Lard it with great Lardings before.

105. ***TURNEPS.** 1. They are of two sorts, the Round and the Long. The Round Turnep, which is the most common, is either White, Red, or Yellow. 2. They are commonly Sown in Gardens, but are very profitable to be Sown in Fields, not only for the use of the Kitchen, and for Food for Cattel in Winter ; but also to make a strong Potable Liquor of, and to make a Brandy, or Spirit of, not much inferior to French or Spanish Brandy, or Sugar Spirit. 3. They delight to grow in a warm, mellow, light Land, or rather in a Sandy Soil ; and will grow where many other things will not. 4. A pound and half

half, or two pounds of Seed, will Sow an Acre; and are commonly Sown at two Seasons of the Year, viz. First in the Spring in *March* or *April*, to run up to Seed that Summer; in order to be Sown again about *Midsummer*, that they may be ready to improve upon the *Autumnal* Rains, which makes them much Sweeter than the *Vernal*. The Land ought to be first Plowed in *May*, and Twy-Fallowed in *June*, and made very Fine, the Seed being Harrowed in with a Bush, and the Land rowled with a Wooden Rowl, to break the Clods. 5. With the Turneps Sown at this time, they Feed Sheep, Milch Cows, and Fat Cattel; because about *December*, *January*, *February* and *March*, they will be sufficiently grown up for that purpose. 6. In *Suffolk*, they give the Turneps to them in Houses, which they pull up and carry to them in Wheel-Barrows, twice a Day, which they give to them whole. 7. Hogs also will Eat them, if they are first boiled, and afterwards only scalded; at length they will come to Eat them raw. 8. This is to be observed, that what Cattel you Fat with them, that for about 2 or 3 Weeks before you Kill them, they ought to be Fed with Hay, Barly, Beans or Pease, to harden their Fat, and prevent their Flesh from Tasting of the Turnep. 9. Some Sow them at *Michaelmas*, or as soon as the Corn is off the Land, upon the Stubble, and only Harrow them in, and reserve them till late in the Spring, for Food for Lambs and Ewes, or Fattening of Cattel, especially if you have a mild Winter; but if the Hardness of the Winter

should spoil them, neither the loss of the Seed, nor the Labour will be much to Sow them again. 10. Many Sow Cole-Seed and Turnep-Seed together, which do very well; the Profit of the first living in the Tops, to make Oil of; and of the other in its Roots, for Food and Drink. 11. If your Turneps come up too thick, you must thin them, either by plucking some of them up, or by Hoeing them up; for if they grow too thick, it will hinder the Growth of the Root. 12. If the Ground is too Rich, or there be too much Wet, which causes them to run up to Leaves, the Feeding upon them, and treading them down, will help to their better Rooting. 13. Sometimes they are hurt by being Eaten by Flies, but there is a Black sort of Catterpillar which does them much damage; the best Cure is to rowl them with a Wooden Rowler, which will crush them to pieces, and do the Turneps no hurt, but rather make them to Root the better. 14. It is a great piece of Neglect among us, that this Husbandry is not more Prosecuted, seeing that the Land need not be very Rich, and that they may be Sown as a second Crop also, especially after early Pease, and that the same supplies a great want of Fodder in Winter-time, &c. as aforesaid. 15. They are a very great help to dry, Sandy, and Barren Lands, and will grow almost any where, and in any sort of Ground, being well look't after, that they may not grow too thick; and in such Land, Rain and wet Seasons do them the less damage. 16. As to their Virtues, besides being Food to the Hungry and

and Poor, they effectually Cure Consumptions and Rheumatisms, Gouts, and the Scurvy; and also make an excellent Diet-Drink, to sweeten the Blood and Juices, and extirpate the Root of the Foul Disease.

106. * **TURNEP BREAD.** Take half a Bushel of Turneps, not sticky nor stringy, but such as will boil or bake soft; pare and boil them, press out the Water, beat them in a Mortar, and with the Pulp, mix 2 pounds or a sufficient quantity of Wheat-Flower, and two ounces of Caraway Seeds in fine Pouders, adding also a pint or something more of Ale Yest: Mould it up as other Bread, which make into Loaves, and so Bake it. It is a good and well tasted Bread, Excellent for the Cure of Consumptions and Rheumatisms, and an incomparable Expedient in times of Scarcity, for Poor People. Or thus: Take half a Bushel of Turneps, bake them in their Skins, which when Baked take off, add to the Pulp a pint or more of Ale Yest; and so much Flower either of Wheat or Barly, as may make it of a due Consistency; which make into Loaves, and bake as before.

107. * **TURNEP DRINK:** *Rapum*, R A P E. This we cannot call *Cider*, for that is only the Juice of Apples; nor *Perry*, for that is the Juice of Pears; nor *Wine*, for that is only the Juice of Grapes. Now *Rapum* being the proper Latine Name for a Turnep, we could think of no more proper Word to call this Liqueur by in Latine, than *Rapum*, as proceeding from *Rapum*; which in English, for the smoothness and shortness of the Pronunciati-

on, we call it by the Simple and peculiar Name of R A P E. What we have said in the making of *Cider*, is almost wholly to be understood here; and therefore we shall refer you thither. See *Let. C. Numb. 116. to Numb. 124. inclusive*; and from *Numb. 136. to Numb. 144. inclusive*; where you will have under the Name of *Cider*, this whole making of *Rape*, completely laid down, to be exactly followed, except in some very few things, which your Reason will tell you, the *Turnep Juice* will not be so exactly conformable to. Besides this, one particular we must inform you of, that the Vintage, and Times of making those other Liqueurs, are in warm Seasons, where by their Fermentations are the more easily absolved; whereas this Our *Rape* will be, if not in the Dead of Winter, yet for the most part in cold Weather, which will very much hinder the Working; for which Reason, 'twill be necessary to heat your Liqueur in a Cauldron or Copper, to something more than a Blood warmth, or to such a Degree as to induce its Fermentation; for without some small proportionable heat, it will not Work at all; and sometimes, through the Rigour of the Season, you will be forced to add Ale Yest to it, to make the Operation: In all which management, you must let your Reason and Experience guide you.

108. * **TURNEP BRANDY:** Or SPIRIT. *Spiritus Rapei*, Rape Brandy or Spirit. It is made exactly as you make the *Cider Brandy*, or *Spiris*, *Let. C. Numb. 125. concerning which, very little more need be said here.* It is a Noble

and Generous Brandy or Spirit, very little inferior to French or Spanish Brandy, or the Best Sugar-Spirit, if Caution or Care be taken in making of it, and by a convenient Rectification it be made very Clean and Fine. I call this Rape Brandy, *Rach*, or *Rack*, (not from *Rapeum*, Rape, but) from *ראך* *Rach*, or *Ruach*, which is *ליווין*, *Spiritus*, Spirit, because it is the Real Spirit of the Concrete, and Homogenous with the Spirits of Mankind, whether Animal or Vital, a Fortifier of Nature, and an Enlivener of the whole Body. And of this *Rack*, with Water, good Lime Juice, and D. L. S. as Good Punch may be made, as with the best French or Spanish Brandies.

109. * TURNEP DRINK ROYAL; or Rape Royal. It is made exactly as the C I D E R ROYAL, Lett. C. Numb. 126, 127, 128, 129, 130. foregoing, to which you are refer'd. It is a Noble and Vinous sort of Liquor, much Superior to the best of French Wines, and not much inferior to Sherry or Canary, or other strong Spanish Wines. And now I am upon the Turnep Husbandry, I cannot but take Notice for the Publick Good, of what a mighty advantage it might be to the British Nation, was it but managed to some of the Products which might be made of it. Turneps will grow almost any where, and upon almost any Sandy, Light and Barren Land, which will bear neither Corn or Grass; and besides the Profits which might be made of them, would in time make even the Poor Land Rich, if well and Prudently lookt after. We have some Millions of Acres of such

Land lye void and Untill'd, as would produce choice Turneps, and if not Turneps, then Furrzes, which by a Diligent Tillage, and well Planting thereof, would redound to a vast Profit, and by which all the Poor People, and Idle Persons of the Kingdom, might be set on Work, and made to Earn their Livings, without being any Charge to the Nation; and Children from 7 Years Old might be employed, as also the Blind and the Lame, to a very singular and great Advantage, to the greatly Enriching of Our Country, and the saving those vast Sums of Money which we have formerly sent to France for their Paultry Wine, whilst better and more wholesome Liquors may be made at Home, as well from Our Turnep Husbandry, as from Our Planting of Mulberry-Gardens, whose Produce would give us more Wine than the whole Nation could well Drink; Wine of a Delicious Flavour, and a Richness Superlative to the best French Wine, much like to *Alicane*, and scarcely inferior to many Spanish Wines. I say, were these kinds of Husbandries put in Practice, with a Vigour and Spirit like what possesses the People of Our British Kingdoms, we need never make afterward, a Parish-Tax, or Poores Rate for Ever. But as to the Prosecution hereof, I leave it to the Consideration of Our Honourable and Worthy Patriots, and the Great and Landed Men of the Nation, who have both Power and Ability, as well as Judgment, to know what to do, and to do those things which are best, and most for the Good and Advantage of Our Country.

110. * TURNEP DRINK
Small, or Rappy. It is made altogether, and in the same manner, as you make *Ciderkin*, or *Small Cider*, for Servants Drinking, or Common Drink, which you may see *Lett. C. Numb. 131, 132, 133.* If a few pounds of *Brown Sugar*, or *Molasses*, be put to it for its better Fermentation, or Working, it will make the Liquor not only much brisker, but a much more Palatable Drink, and give good Satisfaction in the spending thereof.

111. * TURPENTINE.
 It is of several sorts, as 1. *Common.* 2. *Venetian.* 3. *Strasburgh.* 4. *Cyprus.* 5. *Chios*, which last is the best of all, and is clear, pellucid, white, and of a Glass Colour, enclining to a Sky Color. The *Cyprian* comes from the same kind of Tree as the *Chio*, they differ only in the place of Growth, viz. the Island and the Fineness; the *cyprian* being Fouler than the *Chio*: For Common use, the *Strasburgh* is most chosen. They are used as a Balsam for Wounds. The Oil is used to Consolidate Wounds, to discuss Tumors, comfort the Nerves, ease Pains from Cold, Cure the Palsy. *Turpentine* is strongly Diuretick, good against Stone, Gravel, Strangury, and stoppage of Urine; and is given in Pills for a *Gonorrhœa*. The *Volatile Spirit* is an excellent Aperitive, and is given from 4 to 12 or 16 Drops, in any proper Vehicle, to expel Stones and Gravel out of the Reins, Ureters and Bladder; to Cure a Nephritick and Windy Colick, dissolve Viscosity, and heal a *Gonorrhœa*. The *White Potion*: An Ounce of *Strasburgh Turpentine*, mixed well with a large Yolk of an Egg, and

Honey, may then be mixed with Milk, or Whey, or Parsly-water two Quarts, and so kept for use. Dose half a Pint or more, Morning and Night, for the Cure of a *Gonorrhœa*, Gravel, Strangury, &c.

112. * TURPENTINE
Plaster: Take four ounces of the best *Turpentine*, two of *Bees-Wax*, one of *Honey*, a quarter of an ounce of *Fine Verdigrise*, *Deer's Suet* two ounces, *Oil-Olive* two ounces; make these into a Plaster over a gentle Fire, by well stirring and mixing together.

This is exceeding good to draw Swellings to a Head, ease cold Pains, Aches, or Numbness of the Joints; to draw out Thorns, Splinters, rusty Iron, broken pieces of Swords or Gun-shot; and is a very singular Drawing Plaster on all Occasions, where the Humours are stubborn.

113. * TUTTIA, Tutty:
 It is called *Cadmia Fæstia*, and is nothing else but the Soot, or Fumes of *Brass*, which stick to the Furnace, in the fusion of the Metal. Its chief use is in Surgery, for Old and ill conditioned Ulcers; for being sprinkled upon them, it dries them much, and destroys the Corrupt Ferment of Ulcers in Cacochymic Bodies, and so incarnates and Cicatrizes: *Cadmia* being prepared by Fire, and extinguished, is called *Prepared Tutty*, which is good for Diseases of the Eyes; the Powder of it being blown into the Eyes for Inflammations, Films, Pearls and Ulcers. An Ointment is commonly made of it, and applied or put into the Eyes, for Sores, Ulcers, Films, &c. but it is very proper to mix with it, a Grain or two of *Camphire* in

fine Pouder, Pouder of Saffron,
 &c.

114. **TUTS AN.** This stays Bleeding; the bruised Herb or Juice applied, stays spitting of Blood, or hinders the Blood from flowing inwardly: the Juice being drank with a little Cinamon-water and the Spirit of Wine.

115. * **TYMPANITES.** The Dropsy of the Belly, commonly called a Tympany. It is a fixed, constant, equal, hard, resisting Tumor of the Abdomen, which being struck upon, gives a hollow sound: It proceeds from Wind and Water pent up in the

Capacity of the Belly, which Inflation (by reason it can no ways get forth,) daily encreasing, causes a vast stretching out of the containing Parts, and Membraneous Bowels, whose Fibres being much swol'n also with Animal Spirits, and hindered from receding by Obstructions of the Nervous Juice, in the Passages, contribute to the Stubbornness of the Disease. To which there is consequently added, as a Complement of all, universal Obstructions of all the *Viscera*, and the more remote Passages leading to and from them.

V A

U A

V A L E R I A N G A R D E N.

The Root and Herb are Diuretick: A dram or more of the Pouder of the Root, before the Stalk springs, taken five or six times in Wine, Water or Milk, relieves such as are seized with the Falling-Sickness; and *Sylvius* accounts it more effectual in this Case than the Roots of Male-Feony. The Leaves bruised are commonly applied to slight Wounds, for which reason it is called *Cat Finger*. It purges upwards and downwards.

2. * **VASA LACTEA.** The Milky Vessels in the Mesentery. They which reach from the Guts, especially the small

Guts, to the Glandules in the Mesentery, are said to be of the first Sort: And they from those Glandules to the *Cystis* which carries the *Chylus*, are of the second Sort. Their use is to convey the *Chylus* from the Guts, to the said *Cystis* which holds the *Chylus*, and thence to the *Ductus Thoracicus*, which conveys it along the *Thorax*. *Asellius* was the first who discovered them; and the ingenious *F. Ruifchius* afterwards discovered Valves in them.

3. **UDDERS Baked.** To do this the *Italian* way, boil the Udder of a Heifer tender, let it stand till it cools; cut it into small square pieces like Dice, season them with Cloves, Mace, Cinamon, Salt, and add Pistacher,

or the Kernels of Pine Apples, Dates, and slices of Marrow; put them into the raised Paste of a Pye, not making it above an Inch high, like a Custard, and of a Custard-paste, prick it and dry it in an Oven, and put in the Materials before-mentioned, and to them some Custard-stuff made of Cream, and Eggs, Salt, *D. R. W.* and a little dissolved Musk: bake and stick it with the slices of Dates, candied Pistaches, and scrape *D. L. S.* on it.

4. **UDDER-PYE**, *another way*: Lard a young Udder with great Lard, season it with Nutmeg, Cloves, Pepper, and Mace; and when it is boiled tender, and cool, wrap it in a Collar of Veal, having seasoned it again with the Spices and a little Salt, lay some slices of Veal in the bottom of your Pye, and place the Udder on them, the which cover with other slices of Veal and for seasoning, put Bacon and Butter, and close it up; and when it is sufficiently baked, liquor it with clarified Butter, if you design to use it cold; but if hot, put in White-wine, Gravey, and Butter, well beaten up together.

5. **VEAL to Boil**. Here I mean a Brest of Veal, a Joint unusually boiled. To do it, make a Pudding of grated Manchet, minced Suet, and minced Veal, season it with Pepper, Nutmeg, and a little Salt, three or four Eggs, Cinamon, Currans, Dates, Raisins, Cream, Sugar, and Pepper: mingle them well together, fill the skinny end of the Brest with them, prick it up, put it in a Pan, or between two Dishes, and stew it with strong Broth, Gravey, White-wine, some Mar-

row, sliced Dates, and a few Blades of Mace; run it over with Butter, Grapes, Limon slices, and Barberries. Or thus:

Joint it well, and parboil it, put it into a deep Dish, or Stew-pan, with some strong Broth, and a bundle of sweet Herbs, some Mace, and slices of Bacon, some Capers, a few Cloves, and half a dozen Sprigs of Barberries, the Yolks of Eggs and White-wine: stew these tender, and serve them up on Sippets.

6. **VEAL the Chine to Broil**: Cut the Chine in three or four pieces, and lard them with small Lard, season them with Salt, and broil them, laying under them some Sprigs of Rosemary, Bay-leaves, and Sage, dust them over with a little Flower; and being broiled, serve them up with Gravey, the Juice of Limon, and beaten Butter.

7. **VEAL to Fry**. Cut Raw or Roasted Veal into slices, Flower and Salt the slices; beat an Egg, and put into it some strips Thyme, dip into it your sliced Veal very well on both sides; have ready in your Pan some Suet, let it be boiling hot; then put in your Veal into the Pan, turn it but once in the Frying; when it is enough take it up, clear the Fat out of the Pan, and fry some thin slices of Bacon to lay about your Dish, and serve it up with Gravey Sauce, or Butter and Vinegar. This way you may do Mutton, but instead of Thyme in the Egg put Parsley.

8. **VEAL Collops to Fry**. Take a piece of Fillet of Veal, and cut it into thin Collops, and hack it with the back of your Knife, and lard them with Ba-

con very thick, put them into your Pan, it being pretty hot, and fry them with clarified Butter very brown on both sides; and let them be so hastily done, that they may not be fried quite through; then having half a pint of Claret, and half a pint of Gravey, put it in your Pan, being first cleansed from the Butter (with four Anchovies, or three or four Onions, a little minced Thyme, and grated Nutmeg:) when it is boiled up, thicken it with the Yolk of an Egg, so dish up your Collops, and pour your Sauce on the top: if your Pan be little, you may fry them at twice, and let them boil up after the same manner in your Stewing-dish: garnish them with Limon.

9. **V E A L**, a *Fillet or Shoulder* to Roast with Farcing Herbs: Take your Meat and wash it, and parboil it a little; then take Thyme, Parsley, and Winter-savory, of each a little minced small, put to them the Yolks of four hard Eggs minc'd, Nutmeg, Pepper and Currans, and Salt; add also some Suet minced small; work all these with the Yolk of a raw Egg, and stuff your Meat with it, but save some, and set it under the Meat while it doth roast: when your Meat is almost roasted enough, put to these in the Dish, a quarter of a pint of White-wine, Vinegar, and some Sugar; when your Meat is ready, serve it in with the Sauce.

10. **V E A L** a *Leg and Bacon* Boiled. Take pretty big Lard, and with it lard your Veal all over, joining some Limon-peel to your Lard; take a Middle-piece of Bacon, and boil the

Veal therewith; when the Bacon is enough cut it into slices, and season it with Pepper, and dried Sage incorporated together; Dish up your Veal with your Bacon round it, and send up with it some Green Sawce in Sawcers, throwing over it Parsley, and Barberries. Your Green Sawce must be made after this manner: Take two or three handfuls of Sorrel, beaten in a Mortar with two Pippins quartered, after paring add thereto a little Vinegar and Sugar, or take two handfuls of Sorrel; beat it well in a Mortar, squeeze out the Juice of it, and put thereto a little Vingar, Sugar, drawn Butter, and a grated Nutmeg, set it on the Coals till it be hot, then pour it on your Veal and Bacon.

11. **V E A L** to Dress the French way. Let Veal Steaks be cut somewhat thick, and larded with a small wooden larding Pin. The Lardons or Slips of Bacon being season'd a little with Parsley, young Onions, beaten Spices, Pepper and Salt; then let several small slices of Bacon be put into a Stew-pan, and let the Veal Stakes be laid in order upon them; the Fire ought to be very gentle at first, to the end that the Meat may sweat, and be brought to a colour on both sides, by putting in a little Flower; when it is sufficiently coloured, let it lye a soaking with good clear Broth, and boil gently afterwards; the Sawce must be thickned a little and cleared from the Fat, sprinkling it with a little Vinegar, or Verjuice; so as the whole Mefls may be conveniently dress'd in a Dish, and served up hot to Table.

12. *VEAL to dress another way.* Having taken off the Skin from the Leg, let it be parboiled, larded with small slips of Bacon, and steep'd in White-wine, with Verjuice, a Faggot of sweet Herbs, Pepper, Salt, a Bay-Leaf or two and Cloves: Then let it be roasted and basted with the same Wine, Verjuice, and a little Broth; when it is ready, make Sawce for it with the Dripping, a little fried Flower, Capers, slices of Limon, Mushroom Juice, and Anchovy, and let your Leg of Veal soak therein for some time, before it is served up to Table, which may be done for a side Dish. A Leg of Mutton may be dressed after the same manner.

13. *VEAL dressed the Italian way.* Having some slices or Steaks of Veal, that are very tender, cut them as it were to make Scotch-Collops; let them be beaten a little with the Cleaving Knife; let some thin slices of Bacon be laid on the bottom of a Stew-pan; let the Veal Steaks be likewise laid in good order upon them, and let all be well seasoned. The quantity of these Steaks must be adjusted according to the bigness of your Dish, which being cover'd on the top with other slices of Bacon, the Pan must be set between two Fires; when sufficiently baked in this manner take out all the Bacon, and the Meat apart, and drain off the Fat, only leaving as much as will serve to make some brown Sawce, with a little Flower in the same Stew-pan, but not too much, afterwards soaking it with good Gravey; put your Veal Steaks again into the Pan, and make an end

of dressing them with Veal-Sweet-breads, Mushrooms, cut into slices boiled Cocks-Combs, two slices of Limon, a Faggot of sweet Herbs, a few drops of Verjuice, a bit of Shalot, and a little grated Bread to thicken the Sawce; but all must be well cleared from the Fat, and brought hot to Table.

14. *VEAL forced divers ways.* (1.) Mince some Veal with Beef-suet, shred sweet Herbs small, then beat Cloves, Mace and Pepper; put in some Yolks of Eggs, grate in Bolonia Sausages, and old Cheese, season it with Salt. (2.) Grated Cheese, Calves-brains, sweet Herbs, and Spices, Saffron, Eggs, Gooseberries, and Grapes. (3.) Raw Eggs, Marrow, Butter, sweet Herbs, Limon-peel shred small, Ginger, Cinamon, and Sugar. And these may indifferently serve for Kid, Lamb, or Venison, that is to be forced or stuffed.

15. *VEAL, a Leg to broil.* Cut it round the Leg in Slices, or in rows as thick as your Finger, and lard, or not lard them at your discretion; broil them softly on the Embers, beat up Butter, Gravey, the Juice of Oranges, and the Yolks of Eggs for Sawce.

16. *VEAL a Loin made into a Ragoo:* Lard your Loin with thick slips of Bacon; season it with Pepper, Salt and Nutmeg; and when it is almost roasted, put it into a Stew-pan close covered with Broth, a Glass of White-wine, some of the Dripping fried Flower, a Bunch of Herbs, Mushrooms, and a piece of green Limon: Lastly, let all be served up with sharp Sawce, after having

ving taken away some of the Fat, and let the Dish be set out with larded Veal, Sweet-breads, Cutlets, or other sorts of Garniture.

17. **VEAL-PASTY**, Take half a peck of fine Flower, and two pounds of Butter, broken into little bits, one Egg, a little Salt, and as much cold Cream, or Milk as will make it into a Paste, when you have made your Pastry, lay in a Brest of Veal boned, and seasoned with a little Pepper and Salt, but first lay in Butter; when your Veal is laid in, put in some large Mace, and a Limon sliced thin, Rind and all; cover it well with Butter, close it, and bake it, and when you serve it in, cut it up while it is very hot, put in some White-wine, Sugar, the Yolks of Eggs, and Butter, being first heat over the Fire together: this is very fine Meat.

18. **VEAL-PYE to Season**. Take an ounce of Cloves and Mace finely beaten, a quarter of an ounce of Pepper, and a quarter of an ounce of whole Mace, half a pound of Currans, and two ounces of Salt. These are sufficient to season a Loin of Veal, or any proportionable Joint fitting to be put into a Pye; there must be added likewise two pounds of Butter. And this seasoning is very suitable for a quarter of Lamb, if it be put in Paste.

19. **VEAL-PYE in Summer**. Take thin slices of a Fillet of Veal; and having your Pye ready and Butter in it, lay in your Veal seasoned with a little Nutmeg and Salt, so cover it with Butter, and close it and bake it, then against it be drawn, scald

some Gooseberries or Grapes, in Sugar and Water as to preserve, and when you open your Pye, put in pieces of Marrow boiled in White-wine, with a little Blade of Mace, and put these Gooseberries or Grapes over all, or else some hard Lettice or Spinage.

20. * **VEAL-ALAMODE**, Take a large Fillet of Veal, cut out the Bone, and the hard Skin; take Salt, Pepper, Cloves, Mace (all the Spice in fine Powder) mix them together; add Savory, Thyme, Shelot, Limon-peel shred very small, and mix them with the Seasoning. Take half a pound of Bacon, cut off the Rind, and cut it into pieces, as thick as your Finger, and as broad as two Fingers: rowl it up in the Seasoning, skewer it up close, and tye it in the same fashion as before you cut it, Beat the Yolks of Eggs, and wash it all over, and so put it into a Dish to bake, with pieces of Butter all over it; and when it comes out of the Oven, take the Veal out and serve it: If you Pot it, tye it over with Cap Paper, and put in two pounds of Butter, keep back the Gravey; and if it be not covered, clarify as much Butter as will cover it; and when you please to eat it, cut it out into thin slices, and eat it with Oil and Vinegar, or Lime-juice, or Juice of Limons beat up thick together.

21. * **VEAL BREST Ragoo'd**. Half roast it, cut it into four pieces, put to it as much strong Gravey as will cover it; put it into the Stew-pan, season it high with Salt, Pepper, Cloves, Mace, Nutmeg, Shelot, and Limon-peel, adding Mushrooms and Oysters

Oysters fried and stewed; Sweet-breads set and skinn'd, and pull'd in little pieces: when it is enough, fry large Oysters with crisp'd Bacon, and Forc'd Meat Balls. *For a White Ragoo*, Take the same Ingredients; only boil the Breast of Veal in Milk, or Milk and Water, with a handful of Sweet-herbs, a little Limon-peel, whole Mace, and crack'd Pepper, and 3 or 4 Bay-leaves: when it is enough, wash it over with Yolks of Eggs, and a little Butter; put it in your Stew-pan just for so long time as to make it look yellow. Thicken the Sawce with Yolks of Eggs, a piece of Butter rowl'd up in Flower, and three spoonfuls of Cream beat up together.

22. * **VEAL Stewed**. Being cut into little pieces, stew it in White-Port-wine, adding a little Butter; season it with a little Salt, Cloves, Mace, Nutmeg, and crack'd Pepper, with a little Limon-peel, and 3 or 4 Shalots: let it be covered with the Wine, and so stew it. When enough, beat Yolks of Eggs, D. L. S. a sufficient quantity, and stir them in; give it a walm or two, and so serve it. Where note, that some, instead of Wine, stew it in Milk, but then they put in no Sugar.

23. * **VEINS**. They are the Vessels which carry the Chylus, Lympha and Blood; their chief Species being, 1. Vena Cava. 2. Vena Portæ. 3. Vena Lymphaticæ. 4. Vena Lactæ: Of which we will here discourse in order.

24. * **VENA CAVA**, *The great hollow Vein*. It is the greatest Vein in the Body, into which as into a common Channel, all

the lesser Veins, except the *Pulmonaris*, empty themselves. Its Roots may very properly be said to be in the Liver; for by its Capillaries it receives the Blood which is transcolated through the Glandulous Parenchyma of the Liver, from the Capillaries of the *Portæ*, and by its ascending Trunk, conveys it to the Heart. These Capillaries emptying all the Blood exhausted out of the Liver into the *Cava*, it is presently divided into the *ascending* and *descending Trunk*. The ascending enters the *Diaphragma*, and goes up to the *Thorax*. The descending Trunk is somewhat narrower than the other, and presses down along with the *Aorta*, continuing undivided till the fourth *Vertebra* of the Loins: But in the mean time sends forth Branches from its Trunk, as the *Vena Adiposa*, *Emulgentes*, *Spermaticæ*, *Lumbares*; all which being sent forth of the Trunk, by the time it is come to the fourth *Vertebra* of the Loins, where it turns to, behind the *Aorta*, above or before which it had thus far descended, it is then divided into equal Branches, called *Ilia*, because they pass over the *Ossium*, &c. as they go down to the Thighs, where they are called *Cruæ*. The *Vena Cava* carries nothing to the Liver, but receives the Blood from thence, carrying it, and what it receives from other Branches into the Right Earlet of the Heart, and so to the Right Ventricle, &c. The Branches of the *Vena Cava* above the Heart, going towards the Head, are called *Jugulares*; towards the Arms, *Axillares*; and that about the Heart, *Coronary*; into the Lungs *Pulmonaris*, &c.

So that from its various Ramifications it is variously denominated.

25. * **VENA PORTÆ**

It is only in the *Abdomen*, and extends its Roots to the *Liver*, *Spleen*, *Ventricle*, *Mesentery*, *Intestines*, *Pancreas*, *Cawl*, &c. Their true use is to bring back the Blood which is more than is necessary for the Nourishment of those respected Parts, or which remains after their Nutrition, and which was carried to them by their respective Arteries, to the *Liver*; being lost in the *Parenchymous* Substance thereof it is received by the Capillaries of the *Vena Cava*, to be conveyed to the *Heart* as aforesaid. The *Porta* enters the *Liver* between two Eminences, called *πύλαι* by *Hippocrates*: and as it enters the *Liver*, it is invested with another Coat, which some call its *Pagina*, others *Capsula*, or *Involutum*, its Sheath, Case, or Cover; and *Capsula Communis*, because the *Vena Bilarius* is involved in it as well as the *Porta*, which Coat it has immediately from the Membrane which cloths the *Liver*, and is continued from it, tho' it is clear of another Substance, viz. more Dense and Carnous. It is invested with it in all its Ramifications; and so having a double Coat, is in that respect an *Artery*, as also, in that it brings Blood to the *Liver* for its Nourishment, as well as for other uses: And lastly, for that within the *Capsula*, it has (according to *Glisson*) an obscure Pulsation. When it is enter'd about half an Inch into the *Liver*, it is carried partly to the Right Hand, partly to the Left; and so is shaped into a *Sinus* as it were, and thence is divided into

five large Branches, four of which are spread abroad all over the hollow side of the *Liver*; but the fifth ascends strait to the upper-side, where it disperses itself. Former *Anatomists* said that the Capillaries of the *Porta* opened by *Anastomoses* into the Capillaries of the *Cava*: But *Glisson* affirms from Observations, that there are no such *Anastomoses* at all; but the Blood does ouze thro' the Glandulous *Parenchyma* of the *Liver* out of the Capillary Veins of the *Porta*, into those of the *Cava*; and that the Capillaries of the *Porta* are dispersed very equally thro' all Parts of the *Liver*, the Upper as well as the Lower.

26. * **VENÆ Lymphaticæ**

The Veins which carry the *Lympha*. These receive the *Lympha* from the conglobated Glandules, and discharge themselves, either into the Sanguinary Veins, or into the Receptacle of the *Chylus*.

27. * **VENÆ LACTEÆ**

The Milky Veins, so called from the White Chyle they carry. *Gasper Asellius* found them out, Anno 1622 by dissecting a live Dog well fed. They are slender pellucid Vessels, having but a single Coat, and are dispersed in great Numbers thro' the *Mesentery*, for the carrying the *Chyle*. They rise from the innermost Membrane of the *Guts*, where their Mouths are hid under a spongy Substance, or *Mucos*, thro' which, by the pressure of the *Guts*, the *Chyle* is strained or proturded, and received by the Mouths of those Vessels; from whence they run the nearest way to the Glandules of the *Mesentery*; but in their Passage many smaller ones uniting together, do commonly

grow

grow into one larger Trunk, and this a pretty way before they insinuate themselves into the Glands they are marching to. But then at their Entrance into the Gland, and sometimes a little before, this Trunk divides again into new Branches, more, and smaller than the other: Thus far they are called *Vena Radicales*, or *Vena Lactea primi generis*. After this, out of the Gland, spring again new Capillary ones, which presently meeting together, make one Trunk again, as before, which keeping its Course towards the Center of the Mesentery, enters as many Glands as lye in its way, being divided into new Branches, as before, just before its entrance into each Gland. All these Trunks bending one way, meeting also with one another, do in process several of them grow into one; and at length all the Trunks arrive at the great or middle Gland of the Mesentery (improperly called *Pancreas*) which most of them enter into, some others of them passing over its Surface, and by and by, they all empty themselves into the Great or Common Receptacle of the Chyle, which lies behind the said Gland; those which were inserted into it, rising out of it in like manner, as they did before out of the lesser Glands: As they run from one Gland to another, they are called *Vena Lactea secundi generis*. And from their having passed all the Glands, to their opening into the common Receptacle, &c. they are called *Vena Lactea tertij vel ultimi generis*, which are of the last kind.

28. **VEIN** so stop. In case a Vein be cut or broke, to stay

the excess of Bleeding, Take Olibanum two ounces, Aloes-Hepatick one ounce, a little Wool of a Hare, the White of an Egg: mix these together, and dipping a Liniment into it of Flax, apply it cold to the Place, suffering it to stick on a Day or two; if you see occasion, take it off with Oil of Roses.

Take Hungarian or Roman Petriol one pound; Rhenish, Tartar, half a pound; beat them into Powder, mix and calcine to Whiteness: this Powder applied, stops bleeding to a Miracle, and that upon the Spot. Some use it thus. Take of the former Powder four ounces, Saccharum Saturni, two ounces: Roch-Allom in fine Powder one ounce: mix them, and apply it, as the former.

29. **VEINS WINDY.** To expel offensive Windiness that afflicts the Veins, Take the Powder of Liquorice, Carraway-seeds, Sugar-candy beaten small, of each an equal quantity; to which put Rhubarb in Powder a third part, with a like quantity of Cream of Tartar in Powder. Take as much as will lye on the point of a Knife three or four times a Day as it is, or in a Glass of Wine, and so continue to do for about seven Days.

This gently purges, very much cools the Blood, and by expelling the Wind eases Pains, and many Disorders that are occasioned by it.

30. **VENISON Boiled.** Take a Haunch or other piece and set it a boiling (being powdered a little before) boil five Colly-flowers, in Milk and Water: when they are boiled, put them forth into a Pipkin, adding to them drawn Butter, and keep them

them by the Fire in a warm Condition; then boil up four handfuls of Spinage in strong Broth; when they are enough, pour out part of the Broth from them, and put in a little Vinegar, a Ladeful of drawn Butter, and a Grated Nutmeg, your Dish being ready with Sippers in the bottom, put your Spinage thereon round towards the Dishes side; your Venison being boil'd, take it up, and lay it in the middle of the Dish, and lay your Colly-Flowers all over it, and pour on your drawn Butter over that at last; Garnish it with Barberries, and your Dish with some Green Parsley minced: If you please you may force your Venison with a handful of sweet Herbs and Parsley minced with Beef-suet, and the Yolks of Eggs boil'd hard; seasoning your Forcing with Pepper, Nutmeg, and Salt.

31. **VENISON to Broil:** Take half a Haunch of Fat Venison, cut it into slices half an Inch thick, Salt and Broil them on pretty quick Embers; and when they are well soaked, Bread them, and serve them with Gravey only. And in this manner you may broil a Side of Venison; or boil it first in fresh Water and Salt, and then broil it, and dridge it, and serve it up with Gravey, Vinegar and Pepper. As for the Chine broil it raw, bread it, and serve it up with Gravey.

32. **VENISON Counterfeited:** Take a Buttock of Beef, cut it down the long ways with the Grain, beat it well with a Rolling-Pin, and broil it on the Coals; and when it is Cold Lard it, then put to it some White-

Wine Vinegar, Pepper, Salt, Cloves, Mace, and Bay-Leaves; so let it lye three or four Days, and Bake it in a Rye-Past; and when it is cold, fill it up with Butter, and let it stand 10 or 14 Days, before you cut it up, and it must be a very Curious Palate that can distinguish it from Venison of red Deer.

33. **VENISON, a Haunch or Shoulder to Roast:** Lard either of these with Bacon, and stick it thin with Rosemary: Roast it with a quick Fire, but do not lay it too near; Baste it with Sweet Butter; then take a pint of Claret, a little beaten Cinnamon, and Ginger, and as much Sugar as will sweeten it, 5 or 6 whole Cloves, a little Grated Bread; and when it is boiled enough, put in a little Sweet Butter, a little Vinegar and Salt; when your Meat is Roasted, serve it in with the Sawce, and strew Salt about your Dish.

34. **VENISON-PASTY:** Take four pound of Butter to a Peck of Flower, and make it up into a Crust or Paste with cold Water; beat the Paste with a Rolling-Pin, and likewise so order two pound of Beef-Suet beaten small; put the Suet into the Pasty both at top and bottom; (take Notice likewise, that you put the Whites of twelve Eggs into the Crust;) then your Meat being Boned, or the Bones broken to pieces, rub it over with an Ounce of Pepper, and as much Salt mixed with it: Or, if you take out the Bones, you may put them well broken into a Pot, with a little Claret, fair Water, Pepper, Salt, and a slice or two of Nutmeg, and Bake them, that so the Liquor may serve to put
into

into the Pasty when it comes out of the Oven, in order to be served up at the Table.

And this way, without alteration, Mutton or Beef Pasties may be ordered; and the latter among the more Ignorant, so ordered, will pass for Venison.

35. **VENISON to Pot :** Take the Haunch of a Fat Buck, not lately Hunted, Bone it, and beat three Ounces of Pepper, twelve Nutmegs grated, and a sufficient quantity of Salt to season it; mix the Spices and Salt with White-Wine Vinegar, wash the Venison over with it, and put it in a convenient Earthen Pot, with the Fat side downward; Clarify three Pound of Sweet Butter, and put it to the Venison; cover your Pot with a Past, and let it stand in the Oven five or six Hours; take it out, and with a Vent press it down to the bottom of the Pot; and letting it be cold, take the Gravey from the top, and boil it about half away, then put it with the Butter to the Meat again.

36. **VENISON to Souse :** Boil Water, Beer, and Vinegar together, and having taken off the Scum, put in Bay-Leaves, Thyme, Savory, Rosemary-tops, and Fennel; when it boils, put in the Venison, let it parboil, then press it, and season it with Salt, Pepper and Nutmeg.

This takes away the Scent when Tainted, and it will keep in this Souse-Drink a long time, and so you may Bake it, to be Eat either Cold or Hot.

37. **VENISON to Stew.** Slice it, and put it into your Stewing-Dish, set it on Coals with a little Clarat-Wine, a Sprig or two of Rosemary, and half a

dozen Cloves, a little Grated Bread, Sugar, and Vinegar; so let it stew together a while, then Grate one Nutmeg into it, and serve it up.

38. **VENISON Tainted.** If you would recover your Venison when Tainted, take Strong Ale, and as much Vinegar as will make it sharp, boil it with some Bay-Salt, and make a strong Brine, scum it, and let it stand till it cools; then lay your Venison to sleep in it twelve Hours; press it and dry it, and parboil it, season it with Salt and Pepper, and it will be fit for use.

39. **VENISON, a Ragout.** Having Larded a piece of Staggs-Flesh, or other Venison, with thick slips of Bacon Season'd with Pepper and Salt, let it be Fried in Lard; boil it for the space of three or four Hours in an Earthen Pan with Broth or Water, and two Glasses of White-Wine, Seasoned with Salt, Nutmeg, a Bunch of Herbs, three or four Bay-Leaves, and a piece of Green Limon; when it is ready, let the Sawce be thickned with fine Flower, and add Capers and Limon Juice as it is serving up to Table.

40. **VENISON, Artificial for a Pasty :** Bone a Surloin or Rump of Beef, or a Leg, Loin, or Shoulder of Mutton; beat it well with a Roiling-Pin, rub ten pound of Beef with four ounces of Sugar; three ounces to ten pound of Mutton; let it lye 24 Hours, and then wipe it off very clean, season it high with Pepper, Nutmeg and Salt; lay it into the Form of a Pasty; roul out the Paste almost four square, till it is but one Inch thick; to a great Pasty

Pasty of Beef, Mutton or Venison, put two pound of Beef-Suet shred very fine; lay the Paste on Paper, and lay one half of the Stiet under the Meat; lay on the Meat upon that, and lay the other Suet on the Meat, then put round the Pudding-Crust, wet it well, and turn over the top, close it well, Garnish it, and Bake it, and put in the Gravey, and serve it up hot.

When Lamb comes first, Bone it not, but break the Bones very well; Some lay on it a few Pickled Barberries, and three or four slices of Rin'd Limon; to Lamb or Veal, put two or three ounces of Fresh Butter, instead of Suet.

A GRAVEY for a PASTY. Break the Bones of the Meat to mash, then put them into a Pan with a Pint of Claret, a Quart of Water, an Anchovy, a little whole Pepper, Mace and Salt; Bake it with the Pasty, then put into it eight ounces of fresh Butter; strain it, and pour into the Pasty when both is very hot: This Gravey is enough for a Pasty of 14 Pound of Flower.

41. * VENISON Pasty: Take 3 quarters of a Peck of fine Flower, put 6 pounds of Butter in the Flower, beat in 12 Eggs, and make the Paste with warm Water. Bone the Venison, beat and break the Bones, which boil in Water, and Season with Salt and Pepper. Season the Venison with an Ounce and half of Pepper just bruised, with a little Salt. Take a pound of Beef-Suet, cut it into long slices; beat it with your Rolling-pin, and strew over it Salt and Pepper; lay the Venison on the top, Seasoned very high, and put Pudding-Crust round the Pan; put in a large

Porringer of Water, and lay a Layer of good fresh Butter, and so cover it. Shake the Pasty, and when it comes out of the Oven, pour in the Liquor you made of the Bones, shake it well together, and so serve it.

42. * VENISON to Counterfeit: Take Small Beer and Vinegar, in which parboil your Beef or Mutton; let it steep in it all Night, then put some Thistle into it, and being Baked, a Good Judgment will not discern it from Red or Fallow Deer's Flesh.

43. * VENISON to Counterfeit another: Bloody your Beef or Mutton, in Sheeps, Lambs, or Pigs Blood, or any Good New Blood; Season it as before, and Bake it either for hot or cold Eating. After this manner, you may mannage Young Pork, Kid, or Lamb.

44. * VENTRICULUS: The Stomach. It is a Membranous Bowel in the Abdomen, under the Diaphragma, betwixt the Liver and the Spleen, consisting of four Tunicles. 1. Nervous. 2. Fibrous. 3. Glandulous. 4. Membranous. It has two Orifices: One on the Right Hand, called *Pylorus*, or *Janitor*; at which the Meat is sent out into the Guts. The other on the Left Hand, at which the Meat enters. Its Office is to Concoct or Ferment the Meat, and is called *Stomachus*, the Stomach.

45. * VENTRICULI CEREBRI. The Ventricles of the Brain, which are four. Their use is to receive the Serous Humours, and to bring them by the *Pelvis* into the *Pituitary Glandula*, or into the *Processus Mamillares*, by the *Os cribiforme* to the Nostril.

stirils. They are nothing but Complications of the Brain, which happen there, as it were by Accident.

46. * **VENTRICULI CORDI** *The Ventricles of the Heart.* The first, or *Right Ventricle*, receives thro the *Right Earlet*, the Blood from the *Vena Cava*, and sends it to the Lungs. The *Left Ventricle* receives through the *Left Earlet*, the Blood from the Lungs, and sends it by the *Aorta* and its Branches, through the whole Body. In the *Systole*, or *Contraction of the Ventricles*, the Blood is sent out. In the *Diastole*, or *Dilatation*, it is let into the Heart.

47. * **VERJUICE** *to make.* Take Crabs, as soon as the Kernels turn Black; lay them in a Heap to Sweat; then pick them from Stalks and Rottenness: Stamp them in a Stone or Wooden Mortar, to a Mash; and in a Hair-Cloth Bag, as square as the Press, force out the Juice by pressing, which keep in a Glass Bottle, close stopd for use.

48. * **VERBENA**: *Vervain.* It is Cephalick and Vulnerary, used for Obstructions of the Liver and Spleen, Strangury, Gravel and Stone, Asthma's, Colick, and Bloody-Flux; a Tertian Ague, to facilitate Delivery; and outwardly against Ophthalmies, dimness of Sight, for Head-achs, Pains of the Teeth, Quinsies, Swellings of the Glandules of the Jaws, Falling of the Fundament, and Spleen, to heal Wounds, and cleanse Ulcers, &c. It is accounted a Specifick for the Pains of the Head, from what Cause soever. It is used in its Distilled Water, Juice, Essence, Decoction in Water or Wine, Infusion, Tincture, Ointment, &c.

49. * **VERONICA MAS**, *Speedwell*, or *Pauls Betony*. It is Sudorifick and Vulnerary, used in Obstructions of the Lungs and Spleen, for the Colick, Consumption, malign Fevers, and the Plague it self. It is said to help Barrenness, heal Wounds, and cure Ulcers and Fistula's; and to expel the Stone from the Reins and Bladder, by taking a Dose of the Decoction 2 or 3 times a day; for some considerable time: It expell'd a Stone from the Kidney of a Woman, which had been there Sixteen Years. A Woman Barren for Seven Years, Conceived by taking a Dram or more of the Pouder of it, in the Distilled Water of the Herb for some Weeks. The Syrup of it Cures Diseases of the Lungs. One who had a supposed Incurable Ulcer in his Leg, found present ease by applying Rags dipt in the Water, which took off the Inflammation, and all the other Symptoms. One who had a Fistula in the Brest, and used many Medicines in vain, was Cured by the inward use of the Distilled Water or Decoction; and Scabby Children have been Cured by Rags dipt therein, (or in its Juice) and applied, when other Medicines were of no effect. *Blanchard.*

50. * **VERDIGRISE**. It is the *Rust of Copper or Brass*, by Stratifying Plates of the same with Husks of Pressed Grapes, Vinegar, or Acid Salts, or Brine, which cause it to Rust, and then scraping it off. It is Purified, by dissolving it in seven or eight times its weight of Distilled Vinegar, or Spirit of Vinegar, till the Vinegar is tinged very Green, which is then to be decanted, and the *Feces* to be cast away; M m then

then Evaporating the Vinegar into a Brais Vessel, you will have a Glorious Coloured Verdigrise at bottom, of which one Ounce is worth ten of the former. It is an Ingredient in the *Unguentum Fuscum Wurtzj*; in Our *Doron Medicum*, lib. 3. cap. 4. sect. 13. If this Tincture is in part Evaporated and set to CrySTALLINE in a cold place, you will then have the Azure or Blem Cryssals of Venus. See Our *Seplafium*, lib. 1. Cap. 1. where you may see many of its Uses and Excellencies.

51. * VESICATORIES: *Blistering Plaisters*: They are called *Epispasticks*. The Common One of the Shops is the best, made of *Emplastr. de Meliloto*, mixed with Ponder of *Cantharides*, which see in Our *London Dispensatory*. They are of good use in the Gout, and to apply upon the very place where is an exquisite Pain, and over the whole Head, in inveterate and extravagant Pains thereof, to be 4 or 5 times repeated: But their use of them in Burning and Malign Fevers, as is common now a days, is little better than Murder, and to this, the daily Miscarriages in those Cases, give a most True and Amazing Evidence.

52. * VESICA URINARIA. *The Bladder*: It is a Vessel appointed to receive the Urine, separated in the Kidneys, and brought to it by the Ureters. It is seated in the *Hypogastrium*, between the two Coats of the *Peritoneum*, in that Cavity which is formed of the *Os Sacrum*, *Coxa*, and *Pubis*, and is called *Pelvis*. In Men it lyes upon the *Intestinum Rectum*, or Arse-Gut: In Women, it adheres to the Neck of the Womb, which is placed between the

Bladder, and the straight Gut. In both, it is knit to the Navel by the *Prachus*, and before to the *Os Pubis*. Its Substance consists of *Three Membranes*, 1. *The Outwardmost*, which it has from the *Peritoneum*, within which the Bladder lyes hid, suspended like a Bottle, turn'd the Mouth downwards. 2. *The Second*, thicker, and endowed with Carnous Fibres, which *Aquapendens*, *Bartholine*, *Spigelium* and *Wallens* will have to be a True Muscle, serving for the Compression of the Bladder, in expulsion of the Urine, as the *Sphincter Muscle*, serves for Constriction to retain it. 3. *The Innermost*, which is white and bright, extremely smooth, as if Polished, but of exquisite Sense, as such as are troubled with Stone or Gravel, too well know; this is covered with a Slippery Mucous Humour, to defend it from the Acrimony of the Urine. The Bladder is Oblong and Round, in shape like a Pear, and it is perforated in three parts, viz. in the Sides, where the Ureters are inserted, to let in the Urine; and before at its Neck, to let it out.

53. * VINE: VITIS. I should here give you the *Kinds of Vines* which will grow in *England*, and their various ways of *Culture*, to bring their Fruit to Perfection: But having done all that is Necessary for this Purpose, and very plainly and largely too, in My *Botanologia*, or *Herbal*, lib. 1. Chap. 724. Sect. 9. ad 25. inclusive, lately Emitted into the World: We shall say no more thereof here, but refer you to that Work, where you may receive Plenary Satisfaction.

54. * VINEGAR to Make.

Take Spring-Water what quantity you please, put it into a Vessel or Stone Bottle, to every Gallon put 3 pounds of Malaga Raisons; lay a Tile over the Bung, and set the Vessel in the Sun, for 4 Months, or till it is fit for use. If you put your Water and Raisons into Stone Bottles, you may digest them in a gentle Sand heat, till it comes to an excellent Acidity; then press out the Liquor from the Raisons, and Tun it up in an Iron Hoop'd Vessel, to prevent its Bursling. It will appear very thick and muddy, when newly Press'd, but will Refine in the Vessel, and be as Clear as Wine. Thus let it remain untouched for three Months, before it be drawn off, and it will prove Excellent Vinegar. II. A Second Way of making Vinegar, is that of the French, and of Our London Distillers, which we have taught at large in *Our Doron Medicum*, Lib. 1. Cap. 24. Sect. 36. III. A Third way, and not Inferiour to any, is that which we have Taught in *Our Botanologia*, or *Herbal*, Lib. 1. Cap. 724. Sect. 48. to which we refer you.

55. * VINEGAR in Balls to Make: Take the Berries of the Bramble when half ripe, and dry them; when they are sufficiently so, make them into Powder, and with strong White-Wine-Vinegar make them into Balls as big as Small Nuts; dry them, and put them up into Wooden Boxes, and when you have occasion to use them, take Wine, or for want of it a little Water, or Stale Beer, and dissolve a Ball in it, or so much as you have occasion for, and it will immediately become a strong Vinegar.

56. * VINEGAR Common.

The usual Vinegar made with us, is ordered in this manner: Take a middling sort of Beer, indifferently well Hop'd; put into it, when it has Work'd well, and is grown Fine, some Rapes, or Husks of Grapes, usually brought Home for that purpose; Malt them together in a Tub; then letting the Rapes settle, draw off the Liquid part, put it into a Cask, and set it in the Sun as hot as may be, the Bung only covered with a Tile, or Slate Stone, and in about thirty or forty days, it will be very good Vinegar, and may pass in use as well as that made of Wine, if it be Fined and kept from Musting.

57. * VINEGAR of divers

Sorts: (1.) Take good White-Wine, and fill a Runlet full; leave it unstopp'd, and set it in the Sun, or in some hot place, and it will soon turn, and become excellent Vinegar. (2.) If your occasion requires Vinegar in haste to your Wine put some Pepper, Salt, and sowre Leven, mingled together, and a hot Steel; stop it up, and let the Sun, or some other warmth come to it. Or for the more Speedy way: Put White-Wine, or Claret into an Earthen Pot, stop the Mouth with a piece of Past, and put it into a Pan or Pot boiling with Water; let it be there half an Hour, and it will grow sowre. (3.) To Ten Gallons of White-Wine, put five pounds of Green Bramble-berries, a little bruised.

58. VINEGAR of Pepper.

Fill a Bottle with the best Wine-Vinegar, then take a good quantity of Pepper and Salt, put it in

to a Cloth sowed up like a Bag, and put it into the Vinegar for the space of eight Days, with a String to it, that it may be drawn out at the end of that time.

59. * **VINEGAR of Treacle.**

Take of the sharpest White - Wine Vinegar four Quarts, Venice-Treacle or Mithridate, 8 ounces, Cortex Wintercanus, Virginian Snake-Root, Contrayerva, Zedoary, Cloves, Nutmegs, Jamaica Pepper, of each one ounce, all grossly bruised; Saffron, Cochinele, White Pepper, Long Pepper, of each two Drams: mix and digest in a gentle Sand-Heat, for a Week or thereabouts, shaking the Glass two or three times a Day; then letting it settle perfectly, decant off the Clear, and keep it for use.

The Dose is half a Spoonful at a time in some convenient Liquor. It is of excellent use to prevent Pestilential Fevers, the Plague, ill Airs, and Noisome Vapours, being taken fasting in a Morning.

60. * **VINUM HIPPOCRATICUM.**

Hippocras. Take Canary two Gallons, Sherry, Madera-Wine, White Lisbon, White Florence, of each a Gallon; Musk - Mallow-Seeds bruised, 4 Ounces; Cinamon 3 ounces, Cloves, Coriander-Seed, Ginger, Mace, Nutmegs, of each an Ounce; Winters Cinamon half an Ounce: White or Long Pepper, two Drams; all being in gross Poulder, put the Species into a thin Linnen-Bag with a Stone in it, which put into the Wine: Let all infuse for 3 Months, shaking the Vessel once a Day; then standing to be Fine, draw off the Clear, and Dulsifie it with two Quarts more or less, of a Syrup made with D. R. W. and D. L. S. which done, pass it through an Hippocras Bag, and keep it for use.

There is another Prescript for making Hippocras, in *Our Doron Medicum*, (which is the Common Preparation of the Distillers,) lib. 1. cap. 24. sect. 40. And another in *Our Botonologia*, lib. 1. cap. 724. sect. 51. They are all of them extraordinary Cordials, and good to be given in Fainting and Swooning Fits.

61. * **VIOLET CAKES.**

Take D. L. S. in Pouder, just wet it, and boil it till it is almost Sugar again; then put into it Juice of Violets, and Juice of Limons, (which will make them Red.) If you put in Juice and Water, it will make them look Green: If you will have them all Blew, then put in the Violet Juice without Limon.

62. **VIPERS BITING:**

As soon as any one is bitten, (for if the Poison be diffused through the Mass of Blood, the Experiment cannot be warranted) let a hot Iron, as hot as the Party can endure it, be held near the Wound till it has, as some Term it, drawn out the Poison, which sometimes like a Yellowish Spot, will stick to the Surface of the Iron.

63. * **VIPERS BITING,**

Another: But the great Antidote, is Volatile Salt of Vipers, which may be given in a Bolus, in Mithridate, Treacle, or the like; or else dissolved in some proper Alexipharmick-Water, and so immediately given, from ten Grains to twenty, and so be repeated Morning and Evening, till the Danger is over: It will cause gentle Sweating, and defend the Heart from the Poison. You may also give the Powers of Vipers, from 40 drops to 70 or more, in all that the Sick drinks, Where the Salt of Vipers cannot be had, you may take the Viper Pouder

to a Dram, or Dram and half at a time as aforesaid, which may be made with Mithridate into a Bolus, and so given as is directed in the Salt.

64. * VIRGINS MILK. It is made by dissolving *Saccharum Saturni*, in a pretty deal of Water, so will it turn White as Milk, which is used as a Cosmetick, or a Beautifyer of the Skin. If it is left to settle, the White Matter will Precipitate, and may be called *Magistry of Saturn*. It cools Inflammations, and Heats, and is good against Pimples, and other Deformities of the Skin.

65. * VIRGINS MILK. Take fair Water a Gallon, Roch-
Alom a pound, mix and dissolve. Take Wine-Vinegar three Quarts, *Saccharum Saturni* six ounces; mix and dissolve; then mix both these Liquors together, and keep them for use. This Milk is good against all Heats and Inflammations in the Skin, in the Face, Hands, or any other part; it cools, and is good against Flushing, Pimples, Breakings out, or Redness in the Face or Hands; it Kills Worms in the Skin, whether in the Face, as Forehead, Nose, Cheeks, Chin, on in any other External part of the Body; Cures Tettars and Ring-Worms, takes away Freckles, Tanning, and Sun-Burning, and causes a Pure and Clear Skin, giving Admirable Whiteness and Beauty beyond Comparison. First wash the Face with warm Water and Wheat-Bran with a Sponge, till it is very Clean; when dry, then wash it with this Water very warm, a pretty while with a bit of Sponge also, first in the Morning and last at Night, repeating it also two or three times in the daytime.

66. * VIRGINIA CLIMBER. It comes out of the Ground in May, with long round winding

Stalks, more or less, and in Height according to the Age. From the Joints come the Leaves, and at each one, from the middle to the top, a Clasper, like a Vine, and a Flower also. The Leaves are of a Whitish Color, having towards the bottom a Ring of a perfect Peach Color, and above and beneath it a white Circle; but the stronger part is the Umbone which rises in the middle, parting it self into 4 or 5 Crooked, Spotted Horns, from the midst whereof, there rises another roundish Head; and bears Fruit like a Pomgranate. Its Beautiful Flowers shew themselves in August, the Stalk dying to the Ground every Winter, Springing again from the Root in May, which may be covered and defended from hard Frosts in Winter. It should be Planted in a large Pot, to hinder the Roots from running, and for Housing in Winter, and setting in the hottest place in the Sun in Summer, without which it will not bear at all. And in the Spring we set the Pots in Hot Beds, for their better bearing of the Flowers in the Summer following.

67. * VIRGINIA SILK. *Periploca Virginiana*. At the several Joints of its Stalks, it is set with two large, broad veined, round pointed, green leaves; and on the top, out of a skinny Hose, comes forth a great Tuft of Flowers of a Purplish Colour, and hanging downwards; and after them, long crooked Cods, with flat brown Seeds, wrapped in a great deal of fine, soft, whitish brown Silk. Its Root runs far under Ground: It Flowers in July, and gives Seed, and Silk

in *August*. And from Seed brought from *Virginia*, it has been raised in *England*. The Stalks die to the Ground every Winter; and if the Place where it stands be well covered with Horse-dung, it will rise again in the Spring.

68. **VIRGINIA TROUT** to make. This, as it is usually done, is only the cutting off the Heads of pickled Herrings, and the Bodies being laid twenty four Hours in Water, wash them, and season them with Mace, Cinamon, Cloves, Pepper, and a little red Saunders; mince some Onion and Limon-peel, strip a few pickled Barberries, and sprinkle them on between each Layer of the Fish: And when they are thus ordered, put in a pint of Claret, and tye on a double wetted brown Paper on the Pot, and so set it in the Oven with Household-bread: and being drawn and cooled, they will look as red as Salmon, or Trout, and eat altogether as well.

69. * **VISCUM**, *vel* **VISCUS**, *Mistletoe*. It grows on Ash-trees, Apple-trees, Crab-trees, Hazel, Oak-trees, and Pear-trees. That growing on the Oak is accounted the best: But some say that which grows on the Hazel is best for the Falling-Sickness; for which it is chiefly used, and other Diseases of the Head. A young Lady having been troubled long with a Falling-Sickness, and been wearied by long Courses of Physick, without mending at all, but rather growing worse, so that she has had in one day eight or ten dismal Fits; was cured by the Ponder of Mistletoe, taking a Scruple or half a dram at a time in Black-Cherry-water, or in Beer early in the Morning for some Days near the Full Moon.

70. * **VITRIOLUM**. It is a Mineral Concrete, made of an Acid Salt and a Sulphureous Earth. There are many Kinds of it, as 1. The Green Hungarian. 2. The White. 3. The English from the Iron Stone Pyrites. 4. The Roman Vitriol, which is highly Caustick, and called the Blew Stone. The Hungarian is sometimes used in Diet-Drinks, (but with caution) for the Cure of the Leprosy, Leuce, Elephantiasis, Scabies, and other contumacious Diseases. The White is used for a Vomit, and to make Collyriums of for the Eyes, and to make a Styptick Water of for Injections to cure Gonorrhœas, Fluxes of the Womb, &c. The English and Green Vitriols are good to cure the Green-Sickness, and chiefly used to make Spirit and Oil of Vitriol of; for that they partake much of Iron. The Roman Vitriol or Blew Stone, is Caustick, and used to eat away and consume Proud Flesh. The Spirit of Vitriol cures the Falling-Sickness, vehement Burning and malign Fevers, Ralsies, Asthma's, and other Diseases of the Lungs.

71. * **VITRIOL of VENUS**. This is Roman Vitriol, or the Blew Stone. It is made by a Solution of Copper in Spirit of Nitre, Evaporating, and Crystallizing, &c. There is a Vitriol of Venus also made with distilled Vinegar, from Verdigrise, of good use.

72. **U L C E R S** to Cleanse: Take four ounces of Turpentine, the Yolks of two Eggs, an ounce of Barley meal, Saffron, Sarcocol, Mastick, and Frankincense, of each half a dram: mix them well together, and make them into a Plaister, with the addition of Rosen, Honey, and Oil of Roses.

Thus

This being applied, digests, and not only cleanses Ulcers, but ingenders in them new Flesh where it is wasted, and makes, after the Cure is past, the Skin smooth again.

73. ULCERS EXTERNAL. Take the gross Stalks of red Colworts, dry them pretty well, then put them into an earthen refining Pot, or such like, and put them on a hot Fire, till they are reduced to Ashes, and apply those Ashes to the Ulcer, or take the green Bark of an Oak; chop or bruise it very small; pour upon it Lime-water new made: let it infuse till the Liquor has a dusky colour; and with this Water wash the Ulcer twice a day.

74. ULCER in the Mouth. To remedy this, Take a pound and an half of white Sugar, the Juice of Pomegranates clarified, red Wine, of each a pint: mix these well over a gentle Fire, and bring them to the consistence of a thin Syrup, and gargle the Mouth with it, also the Throat, as far as may be, very often, and it will bring away the Corruption, and cause the Sore to heal: It is astringent, and also strengthens the Stomach.

75. * ULCERS, another. Take one dram of Corrosive Sublimate, reduce it to fine Powder, and dissolve it in a quart of fair Water, suffering it to lye there four or five Days in a light Digestion; then drop in it as much Oil of Tartar per Deliquium as will precipitate it all; filter it carefully, and keep it close stopp'd for use, viz. To dip Pledgets into it, and apply them to the ulcerous Part once, twice, or thrice a Day, as you see occasion.

76. ULCUS UTERI, or Ulcer of the Womb. Take Asphaltum, or the true and choice Bitumen

Judaicum, reduce it to a very fine Powder, and take of it about a dram at a time in any proper Vehicle, once or twice a Day, as you see occasion.

77. * ULCER of the WOMB. Internally, you are first to cleanse the Womb, with the White Potion (see it under its Title) for four or five Days, after which give our Tinctura Mirabilis inwardly, a Spoonful at a time in a Glass of old Malaga, Tent, or Alicant; and every Night going to Bed, three grains of our Volatile Laudanum: And while this is a doing, let the White Potion be also injected up the Womb with a proper Womb Syringe, (such a one as we have described in our Ars Chirurgica) four or five times a Day, which may be done for a Week, or thereabouts, all which being performed, you may compleat the Cure, by injecting up the Womb (for some reasonable time) the following Liquor. Take Well-water two quarts, Roch-Allom, Saccharum, of each an ounce, white Vitriol half an ounce, mix, dissolve, digest for ten Days, decant the clear, filter, and so keep it for use.

78. UMBLE-PASTY. To make a Pasty, or Pye, after the newest fashion; Cut the Umbles in small peeces, and do the like by fat Bacon: mix them together, and season them with Pepper, Salt, and Nutmeg, fill your Pasty, or Pye, with the Materials, having a little stript Thyme, and shred pieces of Limon scattered among them; then cover them with slices of Butter and Bacon very thin, and close it; let it soak well in the Oven, and when it is drawn, beat up Butter with Claret, Limon, and stript Thyme, and serve it up hot.

79. **UMBLE - PYE.** Make a Laying of minced Beef-suet in the bottom of your Crust, or slices of Bacon; cut the Umbles in pieces as big as a small Dice, and your Bacon in like form; season it with Nutmeg, Pepper, and Salt, and fill your Pye with it, and close it up with slices of Bacon and Butter; when it is enough, pour in at the place you have left vacant. Butter and Clarret beat up together, and so serve it up to the Table whilst it is hot. Be sure it be well baked, or it is altogether spoiled.

80. **UMBLE - PYE, of Lambs Head.** &c. Boil your Meat reasonable tender, take the Flesh from the Bone, and mince it small with Beef-suet and Marrow, with the Liver, Lights and Heart, a few Sweet Herbs, and Currans; season it with Nutmeg, Pepper, and Salt, bake it in the form of an Uumble Pye, and in the eating 'tis hardly to be distinguish'd.

81. *** UNGUENTUM COSMETICUM.** Take choice Oil of Ben nine ounces, pure white Bees-wax, shaved very thin, one ounce; melt them together in Balneo, viz. in a Pot or Kettle of boiling Water: mix them well together; put thereto fair Water, or rather Damask-Rose-Water: Beat them together with a Spatula, till the mixture is as white as Snow. If not white enough, pour off that Water, and add more, beating it as before till it is pure White: then add the best rectified Chymical Oil of Oranges three drams; mix and beat again: At length pour off the Water, and keep the Ointment in a Silver Box for use. It smooths, whitens, softens, and makes pleasant the Skin, taking away its discolours, furrowings and wrinkles,

being anointed upon the Face, after it is first well wash'd with warm Water.

82. *** UNGUENTUM COSMETICUM ALIUD.** Another Beautifying Ointment. Take choice Oil of Ben eight ounces, pure white Sperma Ceti, two or three ounces: mix and melt in Balneo, washing it as the former; At length add Chymical Oil of Oranges, or Oil of Rhodium two drams: mix, wash, decant the Water (which save to wash withal) and keep the Ointment in a Silver Box for use. It has all the former Virtues, and much exceeds it; they will never stink, or grow rank.

83. *** UNGUENTUM ÆGYPTIACUM.** Take Verdigrise five ounces, good Honey fourteen ounces, strong Vinegar seven ounces; boil them together till they incorporate to the thickness of an Unguent, and be of a Purple Colour:

This forcibly cleanses inveterate Ulcers, and consumes proud, spongy, and dead Flesh.

84. *** UNGUENTUM ALBUM.** Take Ceruse four ounces, unripe Oil of Roses twelve ounces, white Wax three ounces, melt the Wax in the Oil; then put in the Ceruse (being first sear'd) and continually stirring them till they are formed into an Unguent; add a little White-wine-Vinegar, and Camphire in fine Poudre two drams and a half.

This Ointment is very cooling, it asswageth Pains occasioned by Heat and Inflammations, heals Excoriations, and takes away Scabs, and Itch.

85. *** UNICORN STONE.** This is of very great Virtue: It is mostly found in Germany, Moravia, Saxony and Silesia, in subterraneous

aneous Caverns, where Nature has laid it up for the use and benefit of Man. It is drying and binding, and stops all manner of Fluxes of the Belly, Gonorrhœa's, Bleeding at the Nose, Hepatick Flux, and all other Fluxes of the Blood, by strengthening the Stomach, Heart, and vital Spirits. It is also profitable against the Apoplexy, Vertigo, Falling-Sickness, and divers other Diseases incident to the Head and Brain, the levigated Powder being given to a dram, or four scruples, in any convenient Liquid. It is also good against the Pestilence and Plague, and all manner of malign Fevers; likewise the Measles, Small-pox, Purple, or Spotted-Fever, &c. It is also held powerfully to resist Poison, whether inwardly or outwardly injurious, the Biting of Serpents, or any other venomous Creature, by causing a gentle Sweat, and driving the Poison from the Heart. It is good against Faintings and Swoonings, and Passions of the Heart, Heart-burning, and Palpitation, the Diseases of the Viscera, by absorbing the acid Humours, when daily taken from half a dram to a dram, for a certain time, in some proper Cordial Water, or Wine.

86. VOIDING BLOOD.

Take two drams of Henbane-seed, and as much of white Poppy-seed: mix them after they are well beaten, with an ounce of the Conserve of red Roses, and of that take fasting, as near as you can, the quantity of a Walnut.

87. * VOLATILE SPIRIT

of Sal Armoniack. It is made either with Salt of Tartar, or with Quick lime, from Sal Armoni-

ack. Mix Sal Armon. in Powder with an equal quantity of Salt of Tartar, suppose eight ounces of each: put the Mixture presently into a Cucurbit, and sprinkle upon it four ounces of Rain or other Water; put a head upon it, and join a large Receiver, luting well the Joints; and in a Sand Furnace with a gentle heat at first, only to warm the Vessel, and gradually encreasing it, all the Spirit will come over Guttatim, which will be about six ounces, and is to be kept in a Glass with a Glass Stopper, and about an ounce of Flowers of Sal Armon. will sublime. This Spirit is nothing but the Volatile Salt dissolved in Water. If it is done with Quick-lime, to eight ounces of Sal Armon. in Powder put 24 ounces of Quick-lime in Powder; which mix in an Iron Mortar, and put them into a Cucurbit, and affuse thereon four ounces of Water, and distil as before, only without Fire for the first quarter of an hour, then encreasing it gradatim till all the Spirits are come forth, of which you will have five ounces or more. This is stronger than that made with Tartar, for the tartarized mix'd with Sp. Vini will coagulate it, being shaken together, whereas this made with Quick-lime will hinder it.

88. * VOMITING BLOOD.

Whether the Hamorrhage is by the Mouth or Nose, upwards, or by the Fundament, or Secrets downwards, there is nothing more excellent than our Tinctura Mirabilis, which may be given three or four times a Day. 1. In the Morning fasting. 2. At ten in the Morning. 3. At four in the Afternoon. 4. At Bed time; but after taking three or four grains of

of our *Laudanum Specificum*, (if the Bleeding is vehement) which Course is to be continued for some Days, as you see occasion. The Tincture may be given half a Spoonful or more at a time, in a Glass of Ale, or Red-port-Wine.

89. **VOMITING to Stay.** Take Spear-mint-water four ounces, Syrup of Quinces two ounces, and Cinamon-water two drams. Take of this two or three Spoonfuls at a time.

Another: Take about half an ounce of Cloves, bruise them grossly, put them into a pint of Wine, with half an ounce of Limon, or Citon-peel, boil them over a gentle Fire to the consumption of a third part: and then drink it cold, when strained, adding a Spoonful or two of the Juice of Sage.

Another: Take bruised Cinamon two ounces, rectified Spirit of Wine a quart; infuse them four Days in a large Vessel very close stoppt, shake it twice or thrice a Day, and dissolve a-part half a pound of Sugar-candy in a quart of Rose-water, and so mingle the Liquors together, and put to them four grains of Musk, and half a scruple of Ambergrise.

This mightily relieves the Stomach when oppressed with Cold, or Phlegm, and consequently stays Vomiting. It is also good to stay the Looseness, ease the Pains of the Cholick, and other griping Pains.

90. **VOMITING to Stop.** This is commended as an excellent thing to stop all manner of Vomiting in Old or Young, but more especially in such as are of Elder Years: Take Juice of Limons a Spoonful, Salt of Tartar a scruple:

mix and dissolve; to which add Spirit of Poppies one ounce (more or less) Mint-water six Spoonfuls: mix and give it for a Dose. In this case also, a Tincture of the Flowers of Corn-Poppies, made with Brandy, and a little dulcified, is found to be of admirable use.

91. *** URINE.** As the Pulse may shew the Distempers and Illness of the Heart and vital Parts, so the Urine will in a great measure shew the Diseases and Weaknesses of the Natural Parts and *Viscera*, thro' which it passes; and that is for the most part all that it will do. It is a vain thing to pretend to find out all Diseases by Inspection of the Water; but Custom has prevailed upon Physicians to indulge that Practice, and the common People are not satisfied without it. And tho' the Urine may shew Obstructions and Ulcers, and the Intemperies of the *Viscera*, as Cholera, Clods of Blood, Crudity, Gravel, Sand, Stones, Viscidity; also the Parts affected, as the Bladder by Scales or Fœtid Pus, the Reins by red Gravel or coagulated Blood, the Gall Bladder by the Urine being Pale for a long time, an Ischury by the defect of it; an Ulcer of the Bladder, by Pus mix'd with the Urine; danger in the Plague, by its blackness: But we ought not to prognosticate any thing rashly, by Inspection of the Urine, because sometimes in the greatest Danger, and a very ill Pulse, the Urine may appear like ones in perfect Health, and yet notwithstanding the Patient dies.

92. **URINE Stopt.** Take the Roots of wild Garlick, by some called Crow-Garlick, wipe them clean; but do not wash them; bruise

bruise them very well in a Stone or glass Mortar; strain out the Juice, and putting it into a Glass of White-wine, drink it off, upon an empty Stomach, taking it once or twice a Day, and you will find great Benefit thereby.

Another: Dissolve a little of the best Spanish Soap in half a pint of White-wine, and pass it through a woollen Filter, or Strainer: put to it by infusion five or six grains of Saffron, divide it into two Doses, and take one two hours after the other, especially if the first does not operate well: but if it does, you may stay a longer time. This, by the way, is taken for Urine that is not very obstinate.

Another: Take the Powder of a Stag's Pizzle a dram, Crabs-Eyes calcined the like quantity; the Juice of Garlick, or strong Onions half an ounce; Burdock Root finely sliced a quarter of an ounce; Powder of Steel half a dram; Bay-berries well bruised an ounce, boil or infuse these over a gentle Fire, in a pint of Rhenish Wine; strain out the liquid part, and let the Party drink half a pint as hot as Milk new taken from the Cow, Morning and Evening, or oftner if the Stoppage be great, and it will remove in a little time the Obstruction, and cause a free Passage of Urine, &c.

93. * URINE Stopr. In an extream Stoppage we have found this mixture of mighty use. Take Gutta Vita, Powers of Juniper, Powers of Anniseeds, of each an ounce: mix them; dose one spoonful in White-wine. Or this: Take Gutta Vita, Powers of Juniper, Spiritus Anticolicus, of each an ounce: mix them;

dose a spoonful as before. Parsley-water is commended, so also Water of Arsmart or Hydropiper. This following is seldom found to fail. Take Powder of Venice-Turpentine (made hard by boiling in Water) Goats-blood dried, and made into fine Powder, of each equal Parts: mix them; dose from half a dram to a dram, in time of Extremity, as also Morning and Evening, in any convenient Vehicle.

94. * URINOUS SALTS.

They are volatile Salts drawn from Animals, their Parts, or their Urine, and are contrary to Acids. They are distinguished from Lixivate Salts (as Mr. Boyle says) by this, that they will turn a Solution of Sublimate into a white Colour, whereas Lixivate Salts turn it into either a yellow one, or any Orange Tawney.

95. * URETERS. They are fistulous Membranous Vessels, two in Number; one from the Right, the other from the Left Kidney, and open between the Membranes of the Bladder, by which the Urine passes from the Reins to the Bladder.

96. * URETHRA. The Urinary Passage by which it is discharged, in both Males and Females; and also for the ejection of the Semen. The Seminal little Bladders empty themselves into it, by two holes, at its beginning, upon the occasion; which Bladders or Vessels are surrounded with Glandulous Prostrates, perforated with several holes, to which there is a little piece of Flesh affixed. Blanchard.

97. * USQUEBAUGH. Take rectified Spirit of Wine two Gallons, Spanish Liquorice well bruised, as it were into a Powder, a pound;

pound; Raisons of the Sun slit, a pound, Currants half a pound, Dates thin sliced four ounces, Bawm, Mint, Rosemary, Savory, Thyme, of each two ounces; Aniseeds, Coriander-seed, both well bruised; Cinamon, Cloves, Mace, Nutmeg, all in gross Ponder, of each three ounces; the yellow of Citron, Limon and Orange Peel, of each an ounce: digest all together for a Fortnight or more, shaking the Bottle twice every day; then let it settle for a Week, and decant the clear Tincture, putting to it an equal part of choice White Lisbon, and a gallon of Canary, which sweeten with a sufficient quantity of double refined Sugar, and keep it for use. There is another kind of *Ufquebaugh*, which you may see in Our London Dispensatory: And a third kind, whose Recipe see in Our Doron Medicum, Lib. 1. Cap. 24. Sect. 14.

98. * U T E R I P R O L A P S U S. Apply to the Navel a pretty large Cupping-glass, but suffer it not to continue too long on, a quarter of an hour, being the longest, for fear of injury, especially to the Navel-String.

The only thing for this Cure, is the Wooden-Ring, made of Box, or Cocus, or Elder wood, an Inch and three quarters, or two Inches, more or less, in diameter, from outside to outside: this always keeps the Womb

in its place, without any trouble, and hinders its prolapsion, nor need it ever be taken out, but now and then to cleanse it. See more hereof in our Comment upon Sydenham's Practice of Physick.

99. * U V U L A. It is usually called the Palate, and is somewhat long, and of a Conick Figure, hanging from the Roof of the Mouth, near the Passage which comes from the Nose, above the Seat of the Larynx, between the Tonsils. It is a double Production of the Internal Membrane of the Month; its Substance is very lax, and it has a number of small Glands, as in the Roof, and is moved by two pairs of Muscles, an outward and an inward. Its Use is to hinder Drink, &c. from falling down the *Aspera Arteria*.

100. U V U L A F A L L I N G. Take Honey, Juice of *Alkermes*, of each an ounce, *Catechu* in Ponder, one ounce, White Pepper in fine Ponder three drams: mix; and therewith anoint the Part affected, four or five times a day.

101. U V U L A R E L A X ' D. Take Juice of *Alkermes*, *Acacia*, of each an ounce, *Catechu* in fine Ponder, an ounce and half, *Saccharum Saturni* two drams: mix them; with which besmear the Part oftentimes in a Day.

W A

W A

1. **W** A F E R S *to make.*
Take a Quart of Flower heaped, and put to it the Yolks of four Eggs, and two or three spoonfuls of *D. R. W.* mingle this well together; then make it like Batter, with Cream and a little *D. L. S.* and bake it on Irons, very thin poured on.

2. * **W A F E R S** *to Make :*
Let as much Flower as you please, be mingled with New Cream in the Evening, taking care that it do not sowre on the next day: when they are well temper'd, and clear'd from the Lumps, add a somewhat greater quantity of *D. L. S.* in Powder than that of the Flower, and mix all with a Spoon. Then pour in more Cream, with a little Orange - Flower Water, till the whole Mass becomes almost as thin as Milk, and stir all well together. In the mean time, the Wafer-Iron is to be heated, and rubb'd on both sides, from time to time, with fresh Butter put into one Corner of a Napkin. Let your prepar'd Cream, or Batter, be turn'd upon the Iron, but it must not exceed a Spoonful and half for every Wafer, which will be render'd so much the more Delicious, if the Iron be press'd a little. Afterwards the Wafer-Iron is to be laid upon the Furnace, so that when the Wafer is bak'd on one side, it may be

turn'd on the other. To know whether the Wafer be done enough, let your Iron be gently opened a little, and observe whether it be come to a good Colour. At that very instant, take off your Wafer from the Iron with a Knife, rolling it a little round the same. *Lastly,* let the Wafers be spread hot upon a Wooden Roller made for that purpose, to give them their due shape, and set them into the Stove as they are finish'd, to the end that they may be kept very dry.

3. * **W A F E R S** *to Make.*
Another : Take 3 or 4 Spoonfuls of fine Flower, the Yolk of a New Laid Egg; a Spoonful of *D. R. W.* and fair Water enough to make it pretty thin, and almost two Spoonfuls of *D. L. S.* in fine Powder mix them.

4. * **W A L N U T S** *Pickled.*
Take Walnuts before their Shells are hard; put them into a Pot of Water almost boiling hot, in which let them lye 7 days; take them out, and put them into a fresh Pot of boiling Water; let them boil for a quarter of an Hour, wipe them dry, and put them into as much White-Wine Vinegar, as will over-top them two Inches; add Cloves, Ginger, Mace, Nutmegs, Pepper crackt, Mustard-Seed bruised, and 6, 8, 10 or 12 Cloves of Garlick, and as much of Shalots, according

to the quantity you Pickle, all Peeled; a Nutmeg cut into 6 or 8 pieces; digest all in the cold Pickle for 9 or 10 days, then pour the Pickle from them, boil it up, and when cold, put in the Nuts, and keep them close tyed down with white Paper and Leather.

5. **WALNUTS to Pickle;** Another; Gather them a Fortnight after Midsummer, before they be too Old; put them into a Kettle of cold Water and Salt, and let them stand in that till 'tis Scalding hot. After that, put them in lukewarm Water, shifting them five or six times, with some Salt to every one of the Waters; as you change them, drain the Walnut, and rub off the Black Skin of every one. Then put them in the Pot you intend to keep them in, and boil half with Wine, and half Beer-Vinegar, a little Mustard-Seed beat to Powder, Fennel and Dill-Seed, Jamaica Pepper, Ginger, a Rate or two cut in pieces, two Bay-Leaves: Boil all this in the Vinegar, and when it is cold, strain it into the Walnuts. You may put in a Clove of Garlick, and a little Oil, to keep them from Mothering.

6. **WALNUTS Preserved.** Put Walnuts (before they have a Shell) into boiling Water, and shift them from one boiling Water to another, till they become Tender, which will be in 4 or 5 Waters: Scrape them whilst hot, and so boil them in a good quantity of Water with a little Sugar, and stick a Clove in each Nut, letting them lye in that Liquor all Night: Take thrice their weight in D. L. S. making a Syrup of it, into which put the Walnuts, boil them very well, and let them lye without the Syrup for 2 or 3 days, then boil the Syrup again, and

put in the Nuts, in which let them be for a Week, or more, often looking to them, lest they should grow sowre, or the Syrup turn thin. There must be a Pint of Water for the Syrup, to every pound of Nuts.

7. **WALNUTS to Preserve;** Take Green Walnuts before they have Contracted a hard Shell under them, pierce them with a Needle, and boil them in three or four Waters to take out their Bitterness; and when they are tender, to fix Quarts of the last Liquor, put six Quarts of ordinary Sugar; boil it up, and Clarifie it with Whites of Eggs; then strain it, and boil it to a Syrup. Put the Nuts into the Syrup when Cold.

These Preserved Walnuts are very Cordial, Pectoral, and Stomachical, they strengthen it, and cause a good Digestion, and are excellent in Fluxes, and Loosenesses; also an Antidote against the Plague, and all Poisonous and Pestilential Diseases.

8. **WALNUT-WATER.** Take Green Walnuts before they have any hard Shells in them, 2 pounds, Rue and Carduus, of each a handful, Roman Wormwood and Bawm, of each half a handful; bruise all these together, and infuse them in a Gallon of Malaga; draw off the Water in Balneo, and keep it close stopp'd for use.

An Ounce of it at a time, Morning and Evening, expels Vapours, keeps out Infectious Airs, restores Appetite, and causes good Digestion; creates a Fresh and Lively Countenance, and removes Pains in the Stomach.

It will heal all manner of Palpes and Dropsies, being drunk with Wine fasting. It is good for the Eyes, if you put one drop therein. It is good

to cause Conception in Women, if they drink thereof a Spoonful in Wine once a day. It is good for the Infirmities of the Body, and driveth out all Corruptions, if it be drunk with Wine and Water moderately. It will Kill Worms in the Body, either with Wine or by it self. Who uses to drink it continually, shall Live as long as Nature may well continue him. If you have any Wine that is turn'd, put a little thereof into it, and stop it close, and within 11 or 12 Days, it will Relify it again.

9. **WALNUTS** to Keep all the Year: Take the Stampings of Crabs when you make Verjuice, and lay a Layer of that, and a Layer of Walnuts, till you have fill'd your Pot; this will make them eat all the Year as if they were fresh gather'd, and they will peel.

10. **WARDENS** or **PEARS** to Stew: Pare them, and put them into a Pipkin, with so much Claret-Wine and Water as will near reach to the top of the Wardens; stew them gently till they grow tender, which may be in two Hours; after a While, put in some Sticks of Cinamon bruised, and a few Cloves; when they are almost done, put in Sugar enough to keep them well, and their Syrup, which you may pour out upon them in a deep Plate.

11. **WARDEN, QUINCE, or PEAR-PYE**: Take either of them, and you may either take them severally, or all together, Quartered or Sliced Raw; if in Quarters, put some whole Ones among them; if Sliced, beaten Spices, and a little Butter and Sugar, taking to every twelve large Quinces, a pound of Sugar, and a quarter of a pound of But-

ter; close it up and bake it, and when it is well baked, mash the Fruit; then put in some Cream and Yolks of Eggs well beaten, and stir them all together; cut the Cover into five or six pieces Diamond-Fashion, put in a little D. R. W. and scrape D. L. S. over it.

12. **WARTS**: Take May Butter, melt it in a moderate Heat, mix it well with as much Oil of Tartar per deliquium, as will cause a Sensible, but not a considerable strong Taste, and make it into an Ointment, and with it often anoint the Warts, as hot as you can well endure it, and they will either sink or peel off.

13. **WARTS** to Cure. Take an Onion bruised, and mix it with Salt and Honey, and lay it to the Warts.

14. **WARTS** to Remove. Wash the Warts often with the hot Blood of a Pig, suffering it to dry on them; then wash it off with Lye of Wood-Ashes, and lay on a Plaister of Elder-Bark mixed with Oil of Turpentine.

15. **WASH-BALLS** to Purge. Take white Soap four Pounds, Orrice six ounces, Macaleb three ounces, Cloves two ounces, all in fine Ponder; mix the Soap with a little Oil of Spike, Rhodium, or the like, of which make Balls.

16. **WASH** for MOUTH and TEETH. Take a Quart of Distilled Forge Water Filtered through Whitened Brown Paper; Dyers Madder in gross Powder 4 ounces; boil the Madder in the Water, which strain out; then put in Garden Scurry-Grass a handful bruised, Roch-Alum half an ounce in fine Ponder; digest all 24 Hours or more, till the Alum is melted; then strain through a Flannel Bag, and dissolve therein one large Spoonful of Honey.

Honey: It Cures a Sore or Ulcerated Mouth or Throat, and fastens loose Teeth, being often Gargled or wash'd therewith.

17. * **WATER BIRD-LIME.**

Get the strongest Bird-lime, wash it as long in clear Spring-water till 'tis very pliable, and the hardness removed; beat out the Water, so that one drop may not appear, and dry it well: Put it into an earthen Pot, adding to it Hogs-Lard, so much as will make it run; two spoonfuls of strong Wine-Vinegar, and one spoonful of Oil-Olive, and a small quantity of Venice or Strassburgh Turpentine: Boil all gently together over a soft Fire, and then let it cool. When you use it, warm it, and anoint Twigs or Straws therewith, or any other small things, and no wet or Water will take away its Strength. With this they catch Snipes, Felfares, &c.

18. * **WATER-GRUEL.**

Take the best Oat-meal, steep it in Water all Night; strain the next day, and boil with a Blade of Mace; being enough, add Raisins and Currants (plumpt in Boiling Water) a little Canary, and some D. L. S. to liking. Or thus: Take Oat-meal two Parts, Rice one Part in fine Powder: Boil them well in Water, adding Cinamon, Mace, &c. Yolks of Eggs beaten with a little Canary, or Sherry, and D. L. S. to your liking in eating, some add sweet Butter. It is very palatable and nourishing.

19. **WATER for HEAT.**

For Heat or Pimples in the Face, or hot Inflammations in the Eyes, take this recommended Water. Take white and red Rose-water, of each a pint: Tutty stone in Powder,

Aloes Epatick, fine Sugar, and Rosemary-flowers, of each an ounce; put them in a double Glass, and plate them in Balneo five or six days, yet frequently, in the mean space, move and shake them together; then with the Infusion wash your Face, Eyes, and other Parts inflamed or breaking out with Heat, every Night going to Bed, and it will, by a constant use, remove it, and make the Skin beautiful.

20. * **WATER for the PLAGUE.**

Take of Savory, Rosemary, Bawn, Pimpernel, Dragons, Thyme, Scabious, Agrimony, Bettony, Angelica, Pellitory of Spain, Carduus, Wormwood, Rosa Solis, Southern-Wood, Pellitory of the Wall, Red Sage, Setwall, Mother of Thyme, Devils-bit, and Tormentil, of each a good handful, with a few Sprigs of Rue, and Walnut-leaves, or green Walnuts; bruise all well, and let them infuse in a sufficient quantity of White Wine three Days and Nights, keeping the Pot they are in very close, yet often shaking it, that the Ingredients may move in the Wine; then distil the Wine and Herbs, and keep the Water that is drawn off close stopp'd in Glass Bottles, where the Sun may come to them.

The best time of distilling this Water is in May, if the Materials, by reason of the forwardness of the Spring, may be had so early. Ten spoonfuls of it may be taken Blood-warm, to prevent the Plague; and this must be done when the first Symptoms of it appear. And upon taking it, walk about till you sweat again, for the space of an hour, not eating or drinking after it for the space of two hours, or more; and then go to Bed upon it. If it chance to cause you to vomit, it is a sign it has taken the better Effect.

It is also good against Agues, or any Periodick Disease of the Stomach, being taken before the Fit, or Infection too far seizes.

21. WATER for the STONE. Take Saxifrage, Parsly Leaves and Roots, Pellitory of the Wall, Mother of Thyme, Green Sage, Radish-Roots sliced, of each of them a handful; steep the Roots and Herbs a Night in Milk, and the next Morning Distil them.

Four Spoonfuls drank fasting, with as much White-wine, is good also to provoke Urine, and prevent Stoppages.

22. * WATER for ULCERS: This is an Excellent Water. Take Green biting Arsmart as much as you please, Parsley half as much, Saxifrage, a quarter as much; put all into a Common Still, and draw off the Water to driness without Burning. 'Tis a Famous Water, and gives Relief upon the Spot: Dose six or eight ounces, two or three times a Day, a little Sweetned with Virgins Honey.

If the Ulcer is well Cleanfed and Incarnated, so that it is fit for Healing; this following Styptick-Water will perform the Cure immediately. Take Spring-Water a Quart, Roch-Alom, Saccharum Saturni, of each four Drams, Vitriol Calcin'd to Whiteness two Drams; mix, digest warm for a Week, decant the clear again, then Filter and keep it for use: With this wash the Ulcer twice a Day, and apply Pledgets thereon dipt in the same.

23. * WATER TREFOIL, Or Buck-Bean: It is said to be a perfect Cure for the Gout, Rheumatism and Scurvy; a Decoction of it being made in Water, and drank for some considerable time. In Hampshire they Sell Water Trefoil, as dear as Hops, and they

say that it does upon all Accounts as well; and that an eighth part of the quantity of it, as of Hops will do. It is a very wholesome Herb, and of great Esteem in Curing Chronick Diseases.

24. WATER of KERNELS: Having pour'd two Quarts of Good Brandy into an Earthen Pitcher, put in two Ounces of the Kernels of Cherries well pounded, or else an Ounce and a half of Apricock-Kernels, well pounded with the Skin, as also almost a Dram of Cinamon, two Cloves, as much Coriander-Seed as may be taken up between three Fingers, nine or ten Ounces of D. L. S. and hout two Glasses of boiled Water after it is become cold; the Pitcher must be well stoppt, and all the Ingredients left to infuse for the space of seven Days; afterwards pour your Liqueur through the Straining-Bag till it be clear, and put it into Bottles, which must be kept close stoppt.

WATERS Distill'd.

25. WATER of ANISEED: Take strong Spirits ten Gallons, fair Water five Gallons, Aniseeds five pound, or two ounces and a half of Oil of Aniseeds; mix and distil them, draw off ten Gallons and a half; add one pound of D. L. S. to every Gallon of Water, let it stand three or four Days, then use it.

26. WATER of ANISEEDS, the Best: Take strong Spirits ten Gallons, Water five Gallons, Oil of Aniseeds three ounces, or six pound of Aniseeds, two Ounces of Damask-Rose Leaves dried,

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draw ten Gallons, and to every Gallon put a pound of D. L. S.

27. **WATER of ANGELICA.** Take strong Spirits ten Gallons, Water six Gallons, Aniseeds one pound; or two Drams of Oil of Aniseeds, *Spanish* Angelica-Roots bruised two pound, mix and distil them; draw ten Gallons of Water, and add to every Gallon a pound of D. L. S.

28. **WATER of BAWM :** Take of Spirits ten Gallons, Water five Gallons, Aniseeds one pound, Bawm-Leaves eight handfuls; mix and Distil them, draw nine Gallons of Water, and sweeten it with D. L. S.

29. **WATER of CLOVES.** Take strong Spirits ten Gallons, Water five Gallons, Aniseeds one pound, Cloves four ounces, or half an ounce of the Oil of Cloves, mix and Distil them; draw ten Gallons and a half of Water, and add one pound of D. L. S. to every Gallon, let it stand three or four Days, then use it.

30. **WATER of CINAMON.** Take strong Spirits fifteen Gallons, Water seven Gallons, best Cinamon three pound, mix and distil them, and draw thence five Gallons and a half; then take Oil of Cinamon half an ounce, strong Spirits half a pint, mix them together, and put them to the Distilled Water, and sweeten it with D. L. S.

31. **WATER of LIMONS :** Take strong Spirits ten Gallons, Water five Gallons, Aniseed one pound, dried Limon-peel two pound, mix and distil them: draw ten Gallons of Water, and to every Gallon put a pound of D. L. S.

32. **WATER of MINT.** Take strong Spirits ten Gallons, Water five Gallons, Aniseed one pound, fresh Mints a good quantity, mix and distil them; draw ten Gallons and a half of Water, sweeten it with D. L. S. as before.

33. **WATER of NUTMEGS :** Take strong Spirits ten Gallons, Water five Gallons, Aniseed 12 ounces, one pound of Nutmegs, Distil them, and draw ten Gallons of Water, and put to every Gallon a pound of D. L. S.

34. **WATER of ORANGES :** Take half a hundred of Oranges, pare them, put the Parings into half a Gallon of Brandy, and stop it up close; let it stand three or four Months, then put to it three Quarts of Sack, and the like quantity of White-Wine, and Distil in a Rose-Still; sweeten it with D. L. S. let it stand till the D. L. S. is melted, strain it, and Bottle it up close, keeping it in a close place.

35. **WATER of POPPY :** Take four pound of Poppy-leaves, and let them steep one Night in three Gallons of strong Ale, Distil them in a Limbeck, take a pint of the first Running, and let it by, and change the Glass, and Distil the rest till there be no Strength left; then mix the pint of the first Running with the other.

36. **WATER called ROSA SOLIS.** Take of strong Spirits ten Gallons, Water seven Gallons, Aniseeds one pound, Ginger grossly bruised one pound, Nutmegs four ounces, Cloves two ounces, Cinamon two ounces powder'd, mix all together, and Distil them; draw ten Gallons of Water, and to every Gallon

Ion put a pound of D. L. S. and Colour it with Red Sanders.

37. **WATER of ROSEMARY :** Take strong Spirits ten Gallons, Water five Gallons, as many Rosemary-Leaves as may be had for Six-Pence, one pound of Aniseeds, or an ounce of the Oil of it, mix and distil them; draw ten Gallons and a half, and add to every Gallon a pound of D. L. S. in fine Powder.

38. **WATER for the STOMACH.** Take strong-Spirits ten Gallons, fair Water six Gallons, Aniseeds one pound and a half, Caraway-Seeds one pound, Coriander-seeds two pounds, mix and distil them; draw ten Gallons of Water, add one pound of D. L. S. to every Gallon of Water, and Colour it with Red Sanders powder'd.

39. **WATER for a SURFEIT.** Take strong Spirits ten Gallons, Water five Gallons; Aniseed one pound, Red Poppies one Bushel, mix and distil them; draw ten Gallons and a half, and to every Gallon put a pound of D. L. S. and Tincture it with Red Sanders.

40. **WATER of WORMWOOD :** Take strong Spirits ten Gallons, fair Water five Gallons, Aniseeds one pound, Wormwood chop'd four or five handfuls or more, as much as may be bought for Four Pence; mix and distil them, and draw ten Gallons of Water, and to every Gallon of Water, add one pound of D. L. S.

41. **WORMWOOD** *Another :* Take four pound of Wormwood chop'd, one pound of Liquorice scraped, Two Pennyworth of Mace, one ounce of Nutmegs, cut them in pieces, bruise the

Seeds and Liquorice, and infuse all 24 Hours in 4 Gallons of strong Ale, and Distil it in a Limbeck.

42. **WORMWOOD,** *Another :* Take of Wormwood four pound, Aniseeds and Liquorice, of each one pound; Raisins of the Sun ston'd one pound; Figs one pound cut in twain, infuse all in four Gallons of strong Ale and Beer, and Distil it

43. * **WEAKNESS** *after DELIVERY.* Every Night at Bed-time, give the Sick one small Pill of our Specifick Laudanum, and every Morning fasting, one Spoonful of our Tinctura Mirabilis, in a Glass of Old Malaga, Tent, or Alicant; and at times in the Day-time, now and then a Dram or two of our Aqua Bezoartica, or Spiritus Cordialis. *These things will strengthen the Woman to a Miracle, and quickly bring her out of her Lying in Bed.*

44. * **WEAKNESS** *to help.* Take the Powder of Vipers an ounce, Diaphoretick Antimony half an ounce, clear yellow Amber two Drams, D. L. S. the weight of all the aforementioned, and fine Starch the like quantity; make them into a Paste with Spirit of Wine, and then into small Cakes, of which one may be a sufficient Dose.

This is Successfully used to restore the Tone of the Blood, and to strengthen those that have been, or are Weakned with Sicknes.

45. **WEAKNESS** *of Stomach.* Take Bawm and Mint, boil them in White-Wine with some Rosemary tops or Flowers, and a little Limon-Peel, and drink a quarter of a pint of the Decoction half an Hour before Meals.

N n 2 Or,

Or, for this, Wormwood and Gentian infused in your Drink, is very much available.

46. **WEAKNESS** of the Stomach: This is admirably Cured by giving the Patient four times a Day, 35 or 40 Drops of our Tinctura Stomachica, in a Glass of Ale or Wine, VIZ. 1. In the Morning fasting. 2. Half an Hour before Dinner. 3. At Four in the Afternoon. 4. At going to Bed; this if it proceeds from a Cold Cause; but if it proceed from a Hot Cause, we commend to you Our Spiritus Aperiens, which you may take in all the Liquor you drink, whether Ale or Wine: dose 40 or 50 drops, or so much as will make the Liquor pleasantly sharp, as if the Juice of a Limon was squeezed into it: It is good against the Shortness of Breath, Stoppages in the Stomach, want of Appetite, or any other Obstruction in the Body whatsoever.

47. **WEB** in the **EYE**: To remove this Offence of the Sight, Take Shell-Snails and burn them to Powder, beat it fine, and sift it; add to it the Powder of Cuttle-Bone; put these into Alom-Water where Honey is dissolved, and shake them about: when the Water is thick with the Powder, drop some of it into the Eye with a Feather, keeping the Lids closed a while, and turn your Eye to and fro that it may fret off the Film, or Skin that hinders the Sight; and in often so doing, it will wear it away.

48. * **WEB** and **PEARL** in the **EYES**. For this Malady, I commend upon my own Experience, my Aqua Regulata, as also my Balsamum Ophthalmicum, wash the Eyes several times in the day with the Water; and put the Balsam

into them Morning and Evening, letting the Patient lye after it an Hour or something more in the Morning.

This also is of approved use: Take Honey, Bulls Gall, of each three Ounces, Red Coral Calcined and Levigated into a Subtil Powder, Powder of Liquorice and Gum Caranna in Powder, of each an ounce, mix, and make a Balsam, a little of which put into the Eye Morning and Evening.

49. * **WELD**, **WOLD**, or Dyers Weed: It is of great Advantage, considering the easy Charge of Raising it. It grows in many places Wild, and will grow upon the Barrenest sort of Land, tho' the middling sort of Land is best for it. If it is dry and warm, it requires no Tillage, the Seed being Sown with Barley or Oats, and only Harrowed in with a Bush, or Rowled with a Rowler. The greatest difficulty is, the Sowing it even, it being a small Seed. A Gallon will Sow an Acre, which Seed Sells for 10 sh, a Bushel or more. It grows not much the first Summer, but after the Corn is Cut, it must be preserved, and the next Summer you will have your Crop. In gathering it, see that the Seed be not over ripe, for then it will fall out; nor yet, that it be under ripe, for then both Stalk and Seed will be spoiled. Pull it up Root and all, and bind it in little handfuls, and House it carefully, that the Seed be not lost, which keep as dry as you can. 'Tis much Sown in Kent, and about Canterbury, and often yields from Forty Shillings, to Ten or Twelve Pounds an Acre. The Dyers use it for Dying bright Yellows, and Limon Colors.

50. * **WHEAT.** Authors make many kinds of Wheat; but the chief with us are the 1. Red Wheat. 2. The White Wheat: 3. The Grey Wheat, which without doubt was the *Zea* or *Spelta*, Spelt Corn of the Antients, and is the best to make Frumety of. *Wheat* is subject to Mildew, but the bearded sorts are freest from it, because the Awns thereof shelter it from the Mildews. When thrasht, lay it not above a Foot thick on the Floor, and lay it up dry; no Wheat thrasht before *March* is fit to keep long. In moist Weather, take care to turn it once in four or five Days. Besides its uses in making Bread, Cakes, Bisket, Pancakes, Puddings, Frumety, &c. Our pure fine white Starch is made thereof, which is the very finest Particles of the Grain.

51. * **WHITE-BROTH.** Take the Flesh of a Pullet or Capon, almost boiled, from the Bones; add to it a sufficient quantity of boiled Cream, thickened with Rice, Flower and Eggs: Put in the Marrow of one Marrow-bone, and some of the Broth the Pullet was boiled in; add a little Salt and a quarter of a pint of Canary; thicken it over a Chafing-dish of Coals, and serve it up.

52. **WHITE-BROTH.** Take a little Mutton-Broth, and as much Sack, and boil it with whole Spice, Sweet Herbs, Dates sliced, Currans and a little Salt; when it is enough, or very near, strain in some blanched Almonds, then thicken it with the Yolks of Eggs beaten, and sweeten it with Sugar, and so serve it in with Slices of thin White-bread,

garnish with stewed Prunes, and some plumped Raisons. This may be served in also with any Meat, proper to be served with White Broth.

53. * **WHITE POTION** to make. Take *Venice* or *Strasbourg* Turpentine two ounces, three Yolks of new-laid-Eggs; mix them well together, till the Body of the Turpentine is perfectly opened, by grinding in a Marble Mortar; then add new Milk three quarts, in which half a pound or better of double refined Sugar is dissolved: mix well, and keep it in Stone, or Glass Bottles for use: It cures a Gonorrhœa, taking it half a pint at a time, two or three times a Day, and heals the Womb by injection.

54. * **WHITE-POT.** Take a quart of Cream boil'd with whole Mace; when almost cold, beat the Yolks of eight Eggs, and put them into the Cream; add a little Salt, and D. L. S. to your Palate. Cut thin slices of White-bread, which lay in the bottom of the Dish, with some Raisons of the Sun, and sliced Dates, or other Sweet Meats upon the same, with little bits of Sweet Butter, or bits of Beef-Marrow; then lay on another Laying of Bread and Raisons till your Dish is as it were full, and between every Laying grate Nutmeg; put in your Cream with a Ladle, that your Dish may be top full, and let the last Laying be Bread, with pieces of Butter upon that to keep it from burning, and so bake it.

55. **WHITE-POT** to make. Take two quarts of Cream, or new Milk, put in a quarter of an ounce of Mace, a piece of Cinnamon,

mon, and half a Nutmeg sliced; chip off the Crust from a Penny White-loaf, slice it very thin, and lay the Slices in the bottom of a Dish, cover them with Marrow, and put the Yolks of a dozen Eggs to the Cream, or Milk, well beaten with Rose-water, and sweeten it with Sugar; then take out the Spices fill up a broad Basin, in which the Bread and Marrow is laid; bake it, but not in too hot an Oven; and when it is enough, scrape white Sugar over it, and serve it up.

56. **WHITE-POT.** Take a Manchet cut like Lozenges, and scald it in some Cream, put to it beaten Spice, Eggs, Sugar and a little Salt, put in Raisins and Dates stoned, and some Marrow; do not bake it too much for fear it wheys: then strew on some fine Sugar and serve it in.

57. * **WHITE-POT.** Take Cream, or Mornings Milk 3 quarts, and soak therein some Slices of White-bread, and put therein a little Flower, with the Yolks of 16 Eggs beaten very well, bruise your Bread, so that it is all mixt with your Milk, Eggs and Flower, make it about the thickness of a Pancake Batter; then fill a deep Earthen-pan with it, and lay some pieces of Butter on the top, tie a brown Paper about the head thereof, and put it into your Oven, when it is baked there will be a hard Crust on the top of it, you may make them without Flower, and with Rice, or without either, only with Bread.

58. **WHITES in WOMEN.** Take as much Claret-wine as you can drink at once, boil it with a little Mint, and a little Bawm

and Cinamon; and when you have well boiled it, take away the Herbs, and put into it one ounce of the Syrup of dried Roses, and as much Sugar as will sweeten it for her to drink: If this will not do at once, give it five or six times; and if any thing in the World will do, this will. This is good also against a Consumption.

59. **WIGGS to make.** To three pound of Flower, half a pound of Butter, half a pint of Yest, four ounces of Sugar, half an ounce of Coriander-seeds beaten and sifted, put a pint of Milk, then make them, and wash them with Milk before you put them in the Oven, a quarter of an hour will bake them.

60. **WILD FOWL to Stew.** Half roast them, cut them in every Joint, put them in a Stew-pan, with a pint of Claret, two Anchovies, two or three Shalots, a little whole Pepper, and a Nutmeg; let them stew a quarter of an hour, then put in a little fresh Butter and serve it up.

61. * **WINE, Vinum.** We have nothing to say as to Foreign Wines, but only of Wines made of our own Product or Growth. Let the Grapes be gathered when full ripe, in a dry day, when they are plump and transparent, when the Stalks begin to shrivel at the Part next the Branch, which is a sign that it has done feeding: Do not pull the Branches from the Vine, but cut them off with a sharp Knife; and putting them in Baskets, gently empty them on a Floor, to sweat for four or five days, which will perfect them much. After the Grapes are picked from the Stalks, put them into the Wine-Press and

and press them; and letting the Juice stand 24 hours in the Fat, draw it off from the gross Lees, and put it up into a Cask or Casks, and to every gallon of Juice add about a quart of White or Red Port-wine, according as you design it in Strength: Let them work together, which being over, bung it up close, and let it stand till *January*, at which time you may in dry Weather bottle it; so will it be better than any French Wine consisting of four Parts of our own Product, and one of Portugal Wine, which certainly must be for the Advantage of our own Growth, and produce. From *Black Cherries* a Wine (if I may so call it) may be made, not inferior to the best Wine in the World. And considering the *Black Cherry-Tree* is a Native of our Country, and grows wild in many Places of *England*, if we would be but so careful to improve it, by planting it universally in Hedgerows, or making Orchards thereof, whether in Dwarf-Trees, or low Standarts, all over the Kingdom. I dare to be bold to say it, we should quickly have more choice Wine than the whole Kingdom could drink, as much superior to the best French Wines, as the *Spanish* are to the French, which considering what vast Sums of Money it would save at home, from the Avarice of a Neighbouring Nation, and how rich it would in a few Years make us: It is I think worthy to take up some part of our Thoughts. And what I have said of *Black Cherries* may be yet better said of *Mulberries*, of which no part of the whole Earth affords so excellent as our Country does, being

a Fruit which yield a vast quantity of Juice, and by means of which, if care were taken in planting them, we might have Wine enough (not inferior to the best *Alicant*) not only to satisfy our own Drinking, but to gratify all the Neighbouring Northern Nations, which I am very confident would, (besides the Improvement of our Land, and setting thousands of poor People to work) be of a singular and vast Advantage to us.

62. * WINE *to* FINE.

It is usually fined with *Ising-glass*, or Whites of Eggs: But this way with Beech Chips or Shavings is now commended. Take the Shavings (clear from the Rind) boil them in fair water an hour, to extract their Rankness, and dry them in the Sun or an Oven. A Bushel of these Shavings will be sufficient to fine a whole Tun of Wine; they will put it into a gentle working, and clear it in 24 hours, giving it a good and agreeable Flavour. These Chips may be washed, and they will serve again, and better too, upon the like occasion, even till they are almost consumed. They ought to be planed off as long and as large as you can get them, and they are to be put in at the Bung.

63. WINE-WHITE *to mend its Colour*. Take three or four gallons of new Milk or less, according to the quantity of your Wine, put it into the Hoghead, and rowl it to a good mixture: then letting it settle, open your Bung, and put in three or four ounces of *Isinglass*, and as much Loaf-Sugar; fill up the Hoghead, and rowl it three or four times over; and so bring it by that

means to a colour and fineness.

64. **WINE - WHITE** to mend. If your White-wine have an ill Taste, draw it half off, and to either of the halves put two gallons of Mornings - Milk, a handful of Rice, and as much Bay-salt; mix or beat them well together with a Paddle-staff for half an hour, then fill up the Hog-head, and rowl it well, and turn it over in the Lees; and so you may broach it in two Days, and it will drink very pleasantly.

65. **WINE**, or *Infusion of Crocus Metallorum*. To make this, Take Crocus-Metallorum in Powder one ounce, Mace in Powder, or grossly bruised, one dram, Spanish Wine a pint and a half, infuse the Crocus and Mace in the Wine a considerable time, and then pour off the Liquid clear part.

This is a very good Vomit, and more frequently used than any other; and among others it is used with great Success in curing the Dropsie, Jaundice, Phthisick, and Diseases in the Head, also in the beginning of Fevers, and before the coming out of the Small-Pox. It must consequently in those Cases do a great deal of good by freeing the Parts from the peccant Humours.

The Dose is half an ounce, an ounce, or an ounce and a half at a time; but the Age and Strength of the Patient is in these Cases to be considered. And the best time to take Vomits in, is in the Morning fasting.

66. **WINE**, a *Delicious Sort*. Put two Limons cut into Slices, and two Pippins cut in like manner, into a Dish, with half a pound of Powder Sugar, a quart

of good Red Port Wine, six Cloves, a little beaten Cinamon and Orange-flower-water, let all be well covered and infused for three or four hours: Then strain it thro' a Bag, and give it a Flavor of Amber or Musk, as either is most agreeable to your Palate.

67. **WINE** of *Rasberries*. Take Rasberries and bruise them with the back of a Spoon, and strain them, and fill a Bottle with the Juice, stop it but not very close; let it stand four or five Days, then pour it from the Grounds into a Basin, and put as much White-wine, or Rhenish as your Juice will well colour; sweeten it with D. L. S. and bottle it, and keep it for use.

68. **WINE** *Lowring*. Take an ounce of Roch-Alom, and powder it, draw from the Hog-head four gallons, and strow the Powder of Alom in it, and beat it well for half an hour, fill it up, and set it on Broach; and by this means, within three Days, if you be careful not to let it take vent, you will find it a good sort of Wine.

69. * **WINE MEDICINAL**. Take the best old Malaga a quart, Rhenish-wine a pint, Bawm, Rue, red Sage, Angelica and Germanander, of each an ounce: infuse them fourteen Days in Wine; add Pepper, Ginger, and Nutmeg, of each three drams: beat them well, and put to them an ounce of Venice-Treacle, and a quarter of a pint of Spirit of Angelica and Saffron: digest again fourteen Days, and then decant the clear Liquor; and drink half a quarter of a pint Morning and Evening, or oftener, if you see occasion: It is excellent good against the Insecti-

on of the Plague, Measles, Small-Pox, and Spotted Fever; also to prevent the Infection, by ill Airs afflicting the Lungs by Cough, Catarrhs, &c.

70. **WINES** *to Rack.* The best time to do it is when the Wind sits full North, the Weather clear and temperate, in the encrease of the Moon, and when she is under the Earth, and not in the full height.

71. **WINES** *Vicious to meliorate.* Take a pint of clarified Honey, a pound of Water wherein Raisins have been steeped, three quarters of a pint of Claret, or White-wine, as to what you propose it to: boil them over a gentle Fire till a third part be consumed, scum it continually in the boiling, and put it pretty hot into the Wine, and let it stand with the Bung out; then put in a Bag of Spices, and it will fine either new or old Wines that are foul or decayed, and give them a curious Smell, and Taste; if when it has rested five or six Days you add white Mustard-seed bruised, hang it in a Canvas-bag.

72. * **WINTER-CHERRIES.** *Nepharia* or *Alkakengi.* The Berries are Diuretick, Nephritick, and Lithonriptick; they are also good against the Jaundice; and may be either infused in Diuretick Wines, or boiled in Posset-drink, or their Ponder may be taken from a Scruple to half a dram in any homogeneous Liquor, as *Asmart* or Onion Water, Parsley Water or Decoction, White-wines, &c. One that took eight of the Cherries for sometime every Change of the Moon, was cured of the Gout when in extremity and invete-

rate. Take *Chio Turpentine* two drams, *Balsam of Tolu* half a dram, *Troches of Alkakengi*, enough to make it up into Pills. Dose four Pills at Bed-time for the Stone.

73. * **WOAD.** It is a rich Commodity, and worth the Husbandmans Labour, used by Dyers to lay the Foundation of many Colours. It ought to be sown in rich Land, warm, and dry; if long continued it robs the Land much, but moderately used, it prepares it for Corn. The Land must be well plowed, and finely harrowed, the Stones picked up, and the Clots broken. About four Bushel of Seed will sow an Acre, which let be at the end of March, and kept well weeded. 'Tis ripe when the Leaf comes to its full Growth, has its perfect Colour, and lively greenness. As soon as 'tis fit to cut, it ought speedily to be done, lest it should fade or wax pale. In a plentiful Year it may yield five or six Crops, but ordinarily but four, and sometimes but three, especially if you let it grow for Seed. What grows in Winter is usefess, but 'tis good for Sheep. The two first Crops are the best, which are usually mixed in the Seasoning. The lesser Crops are much worse; and if mixed with the two former will spoil the whole. When cut, it is immediately to be carried to the Mill. It many times sells from 6 pounds to 30 pounds a Tun; and an Acre will commonly yield a Ton.

74. * **WOMEN** *in LABOUR.* Take of Cinamon finely powdered one dram, Amber likewise finely powdered half a dram; Borax in fine Ponder a scruple, mingle them in a quarter of a pint of White-wine, and let the Party drink it. *This*

This

This is accounted a most approved Medicine to help a Woman in the time of her Travel, and cause an easie and safe Labour.

A famous and approved thing also, is Livers and Galls of Eels being dried, and reduced to Powder: Dose from half a dram to a dram, in a Glass of White or Rhenish-wine, well sweetned with Sugar; it facilitates the Delivery, and at the time of the Pains brings forth the Birth upon the Spot. Esteem it as a Jewel.

75. * **WOODBINE**, or Honey-Suckle. There is, 1. The double red one, which is a fine sweet Flower, producing a multitude of sweet Flowers, growing in five or six Stories, one above another, with round green Leaves encompassing the Stalk, between every round of Flowers. 2. The red single kind, or *Italian Honey-Suckle*, which grows something like the wild Sort. The double Flower in May, and June, and may be easily brought to cover Arbours, and to adorn other Parts of an Orchard, being to be clipp'd into any form. There is nothing more easy to be increased than they; for every Branch will of its self take Root, if it but touch the Ground, and much more if laid Artificially therein.

76. **WOODCOCK**. If it be fat, it will be thick and hard in the Vent, and have a fat Vein on the side of the Brest or under the Wing, but if lean, it will feel thin in the Vent; if new kill'd, limber footed, but if stale dry footed; have a care it hath not a Snotty Nose, or a moorish muddy Throat; which you may know by squeezing the Throat, or you may know when fresh, by opening their Bill, and smell to it, or

plucking a Feather from the Wing, and thrust it down their Throat, and if they are tainted you may know it by the smell of the Feather.

77. * **WOODCOCK** to Roast. Being drawn, wash and truss them, lay them to the Fire, and baste them with Butter; being almost enough, strow grated Bread on them, and save the Gravey, into which you must put Toasts that are butter'd; or you may only mince the Guts, being roasted with the Fowl into the Gravey, and a little Claret, and so serve them up: This is the English way. This is the French. Being pulp'd and drawn, wash and truss them; then lard them with a broad piece of Bacon over the Brest; being roasted, serve them on Toasts, dipt in Verjuice, or the Juice of Oranges with the Gravey, and warmed on the Fire.

78. **WORM** or **EARWIG** in the Ear. If any Worm or Earwig has crept into the Ear whilst you sleep, to destroy, or bring it away, Take three or four Cloves of Garlick, stamp them in a Mortar: then lay them in clean Water to soak a while, and so wring out the Juice with a clean Cloth, and put a few drops of the Liquor into the Ear; and it will either kill the Worm, or work it out with the Wax. It is also good for Noises, and Dizziness in the Head, and brings away the Matter that many times causes Obstruction in the Hearing, and much lessens it.

79. * **WORMS** to Cure: Take of Rhubarb one ounce beaten and searced, then beat it up with half a pound of Blew Currants to a Conserve. This is excellent

cellent for the Worms to take Spring and Fall, 6 or 7 Mornings, as much as a Nutmeg at a time.

80. **W O R M S**, *Another*: Take a Quart of Claret or White-Wine, two ounces of Wormseed, let it steep in the Wine three or four Days, before you begin to drink of it; and then take five or six Spoonfuls every Morning fasting.

81. * **W O R M W O O D**: It is good for Distempers of the Liver, and Stomach, and profitable for those that are Sick of the Dropsie, the Leaves being made into a Confection with Sugar. It is of a Restricting Quality, Bitter, and Sharp, being altogether hot and drying; it is Comfortable, and driveth into the Urine and Excrement, all Cholerick Humours; it principally Comforteth and Fortifieth the Heart and Stomach, being infused in Wine. The Tops of it, and Roots of Dandelion decocted in Water, are powerful Expellers of the Humours that occasion the Jaundice. The Juice of Wormwood, wherein the Kernels of Peaches are bruised and infused, Kills the Worms in any part of the Body. The Conserve of it taken fasting, preserves from Drunkenness, sharpens Appetite, and is a Sovereign Remedy for those that are troubled with Stuffings, or Stoppage of the Stomach, if the Juice thereof be drank with White-wine, or Vinegar; or mixed with Milk and Honey, it is good to rub those that are afflicted with the Squinzie. The Mouth, or Ears, held over the Fumes of the Decoction, easeth their Pains; and being infused in Wine of Raisins,

it easeth the Pains and Pricking of the Eyes, they being washed with it. Being mixed with Oil of Roses, and the Stomach long weakned, being anointed therewith, it mightly strengthens it. Beaten with Figs, Vinegar, and Darnel-Meal, it is good, applied outwardly against the Dropsie and Spleen. Dried and Pounded, it defends Cloaths from Moths and Worms.

For a continued Dropsie, take two pounds of the Tops of Wormwood, make it into a Conserve with as much Sugar, and let the Party take half an ounce at a time, three or four times a Day.

82. * **W O R M W O O D W I N E**. Take dried Wormwood a pound, of the best Rhenish Wine a Gallon; mix and digest cold for 3 or 4 Months, often shaking the Vessel or Glass; being settled, decant the clear Tincture for use. Take of this Wormwood Rhenish, or of the Wormwood Tincture (in *Let. A. Numb. 5.*) a Quart, choice Canary, or Palm Wine, 6 Quarts; mix them, and keep it for an incomparable Stomach-Wine.

83. **W O R M W O O D W A T E R**. Take two Gallons of White Port, half a pound of Aniseeds, and a like quantity of Liquorice, bruise them together very fine, then take three handfuls of the tender Tops of Roman Wormwood, and put them with the other Ingredients into the Wine, let them infuse twelve Hours, and then distil them in an Alembick. The Water will be stronger, instead of Wine you put Brandy, or Sugar Spirit.

84. WORMWOOD WINE,
Physical : Take of Wormwood well dried, and seasonably gathered a handful, to a Gallon of Wine, let it infuse in a close stoppt Vessel, till the Wine is sufficiently tinged of the Wormwood.

This Wine is successfully taken to heat and cleanse the Stomach. It is good in the Dropfie, and excellent in the procuring a lost Appetite.

85. * WOUND BLEEDING :
 To stay the Bleeding of any Wound, Take Hungarian Vitriol two parts, Rhenish, Tartar one part ; mix, and Calcine to whiteness ; to one ounce of this Powder, add *Saccharum Saturni* half an ounce ; mix them, and keep it in a Glass close stoppt for use. This being applied either dry, or mixt with a little whites of Eggs, upon Hurds of Flax, or Tow, and the wounded part bound up, presently stops the Bleeding.

86. * WOUNDS GREEN :
 Take Oil of St. John's-wort two ounces, Venice Turpentine the like quantity ; set them over a gentle Fire, and put to them a little Balsam De Chili, incorporate them, and keep them as an excellent Balsam for Green Wounds, of any Nature whatsoever.

87. * WOUNDS to Heal.
 This following Powder Cures Green Wounds immediately, and generally at once dressing. Take *Sal Mirabilis* made into fine Powder by drying, or for want thereof, Common Salt, Calcind and ground very Fine in a hot Iron Mortar, nine ounces, fine Aloes, Myrrh, fine Bole, in fine Powder, of each four ounces, Turpentine boiled hard in Water, and made into a Powder two ounces, *Saccharum Saturni* one ounce ; mix all together well in a warm Iron Mortar, and keep it in a Glass close stoppt for use.

88. * WOUND - POWDER :
 Take Dragons Blood, Aloes, Frankincense, *Saccharum Saturni*, and Copperas, of each alike ; incorporate them, and being finely Powdered with some Lob-Webs and Whites of Eggs, apply it to the bleeding Wound, and it will easily stay the Flux of Blood, prevent Putrefaction, and contribute much to the Cleansing and Healing of it.

89. * WOUND - SALVE :
 Take Turpentine, Oil Olive, Sheeps-Suet, of each 4 ounces, Virgins-Wax half a pound, melt and mix, then add two or three Yolks of Eggs ; beat them together, and put to them four ounces of D. R. W. and two ounces of Honey dissolved in the D. R. W. mix these with as much Flower as will bring them into a thickness over a gentle Fire, keeping them stirring till they become a Plaister ; apply this to Green Wounds, or others, that have not been of too long standing, and it hastens the Cure.

90. * WOUND - SALVE
 Excellent : Take Oil Olive a pound, Sheeps-suet, Oil of Ben, of each half a pound, Gum Elemi, Turpentine, Frankincense, of each ten ounces, Rosin, Bees-wax, Balsam Capivijs, of each five ounces ; mix and melt, and stir them well together : then take them off the Fire, and strew into the Balsam the following Powders, viz. Tobacco in Powder 6 ounces, Myrrh, Olibanum, Aloes, all in fine powder, of each three ounces, and keep stirring till it begins to grow thick and cold. This Balsam cleanses any Old Sore, or Rotten Running Ulcer, fills it with Flesh, and Heals it in a short time ; and generally Cures any Green Wound at once dressing.

91. * WRINKLES to
 Smooth : Take Oil of Ben six ounces,

ces, choice Sperma Ceti three ounces, Saccharum Saturni two ounces, Camphire half an ounce, white Bees-wax Ten ounces; mix, melt, and make a soft Emplaster, which may be spread on a Forehead cloth, and applied on

the Fore-head, every Night going to Bed; this being often done, it will make the Fore-head smooth and soft, and the Wrinkles to disappear. Same apply it in like manner on the Cheeks and Chin.

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1. YARD SWELLED.

If a Man's Yard be Swelled up, dissolve Aloes in White-wine and dip a Linen-Cloth in it; bind it about the Yard, and often wash it with the Liquid; and if there be any Ventosity, or Windiness of the Belly, use a Fomentation of the Decoction of *Aristolochia rotunda*; Or if the Testicles be affected with the Tumour, Take Bean-Flower, Barley-Meal, the Leaves of Henbane, of each a like quantity; put to them Oil of Roses, mix them well together, by Braying in a Mortar, and apply them as a Cataplasm, often renewing it as the Moisture dries up, and wash the Testicles with D. R. W. and Spear-mint-water.

* One of the best Remedies for this Illness, is a Cataplasm of Baked Turneps, often to be renewed; or in place thereof this following Mixture: Take Mithridate six ounces, Ponder of Bay-Berries three ounces, Oil Olive an ounce and half, mix them; spread some of this upon Leather

and apply it, renewing it once or twice a Day, as you see Occasion.

2. * YARD ULCERATED:

If Venereal, let the Patient take a Vomit of 5, 7, or 9 Grains of Turbith Mineral, mixt with a Bolus of Mithridate, and repeat it twice a Week for four times, in mean Season, let him dress the Ulcer with this: Take Strasbourg Turpentine an ounce, two Yell of Eggs, which mix well together, to which add Honey one ounce; after it is digested, if it Heals not, you must add to it half an ounce of *White Precipitate*: If Proud Flesh grows, you must dress it with *Red Precipitate* and *Basilicon*, and then Heal it after the manner of a Common Ulcer.

3. Y A R R O W. An Ointment may be made of it, which is excellent in Curing Wounds, and is proper for such as have Inflammations. It stops the Terms, being drunk in White-wine, when Decocted therein, as also the Bloody-Flux. The Ointment of it is a good Healer of Ulcers and Fistula's,

Fistula's, especially such as abound with Moisture. The Hair being anointed with it, it stays its Falling off; especially washing the Head before with the Decoction of it. Inwardly taken, it strengthens the retentive Faculties of the Stomach; it helps the Running of the Reins, and such as cannot hold their Urine. The Leaves chewed in the Mouth, ease the Pain in the Teeth, and is briefly an Herb of a very drying and binding Quality.

4. YELLOW COLOUR
to Make: Take the yellow Chives in white Lillies, Saffron and Tartar, steep them in Gum-water, or Buckthorn-Berries; when they are dried, heat them in Water till they swell, and then press them out; these afford a pleasant Colour, which with a little Gum-Arabick dissolved in it, you may likewise Write with, and the Letter being Burnished on blue Paper, will appear like Gold, especially if a Shell of Gold be mixed and dissolved with them.

5. YELLOW JAUNDICE:
 Take Mugwort and Harts-Tongue, of each a handful, Wormwood the third part of a handful, boil them in three pints of new White-wine, or any that is not sharp, till a pint be consumed, putting in the Wormwood last; then strain out the Liquid part, pressing it very hard, and having sweetned it with D. L. S. let the Party afflicted drink about a quarter of a pint every Morning for Nine Days successively, by renewing the quantity, and it will prove of great Advantage.

If the Distemper be far gone, Boil Rhubarb in Beer or Wine, and drink it Morning and Night, keeping your self warm in Bed, or in a stirring Posture, which is better for an Hour or two after; and so often doing, the Humours will be dispersed, and Nature thus helped, cast out the Crudities that are the occasion of that Distemper.

6. YELLOW, or BLACK JAUNDICE: Take three Nutmegs, two ounces of white Sugar-Candy, a Dram of Saffron, and beat them in a Mortar to Poulder, but dry your Saffron by the Fire a little, and it will poulder presently; divide them into three equal parts, and let the Patient take one part in a Pint of Sack for three Mornings together.

7. * Y E W - T R E E. Since *Bows* have been laid aside, the Propagation of this Tree has been neglected; but it will serve for all the same uses as Box, and for most of which Purposes it is as good. It serves also to make Axle-Trees of, Cogs for Mills, and for Posts in moist Grounds; To make Lutes of, Theorboes, Bowls, Wheels, Pins for Pullies, Cups and Pots to drink in. It is produced of the Seeds, washed from their Mucilage, buried in Sand a little moist, in *December*, and kept in some Vessel in the House all Winter, and in some cold Shade all Summer, and Sown in the Spring after. Some bury them like Haws, and 'tis commonly the second Winter before they peep, and then they rise with their Caps on their Heads. At three Years old they Transplant them. They may likewise be raised by Layers, and

and so Planted out for Standarts, Walks and Hedges, being to be clipt into what Form and Order you please. They are worth the Pains, for their Perennial Verdure and Durability. It will grow on the Coldest and Barrenest Lands and Hills, especially if Chalky.

8. **YEXING** to Remedy : Take the Juice of Quinces, and Honey, each one pound and a half, put to them a pint and a half of Vinegar, and boil them up together; put in Ginger three ounces, of white Pepper one ounce, and boil them again till they become thick; then take a quarter of an ounce at a time, as often as you see occasion; or you may bruise Rue, infuse it in White-wine with Cummin-Seeds, and drink it, sweetned with a little Honey.

9. **YOUTH** to PRESERVE. This is chiefly done by a Careful Observation of Diet, and a good Course of Living. 1. Use Moderate Exercise, to keep up the Native Heat, and the Humours and Juices from Stagnation. 2. Beware of Drinking to Excess, or using hot and Spirituous Liquors, as strong Drink, Wine, &c. too Liberally, or too often, for they destroy the Tone of the Stomach, and bring unaccountable Disorders upon the Body. 3. Eat moderately, and such things as the Stomach does easily Digest; twice a Day is enough for such as are not Labouring Men. 4. Use perpetual Change of Diet, and Eat not two Days of the same kind of Food, for the Stomach, as well as Nature, requires Variety; and thus you may go the Rounds with all Things Eatable. 5. Let all your

Meats be Drest Rare, and not too much done; for if their Juices be once out of them, the Stomach is not pleased with them, nor does it easily digest them; and Experience daily Testifies, That such as from their Infancy up, have Eaten their Meats so drest, as to have all their Juices in it, look Younger at Threescore and Ten, than others who constantly Eat them so Over-done, do at Twenty Five Years Old, or Thirty: And this is the Reason that Jews, and French Men and Women, who Eat all their Food so Over-drest, look even whilst Young, so Yellow, Dry, Wrinkled, and as it were Withered, That an Old English Man or Woman look Better than they, and in Age look extream haggard, beyond all manner of Expression. 6. By Eating Moderately strong Broths, and Gellies, and the Red Gravy of Roast or Boiled Meats. 7. By taking now and then the Powers of Vipers in Wine, or the Viper-Powder, and moderately Drinking Viper Wine, only for Strengths Sake.

10. * **Y U C C A**. It is an American Plant, but Hardier than we take it to be. It will suffer our sharpest Winters, without setting in Cases. When it comes to some Age, it bears a pretty sort of Flower, and being easily multiplied, might make one of the best and most Ornamental Fences in the World for Gardens. In Barbadoes, and other places of the West-Indies, the Root being sliced, dried, and reduced to fine Powder, they make into fine White Bread, which is of a good Taste, and Nourishing.

Z A

Z Y

1. * **Z A P H A R A** : *Zaffara*. It is a Mineral Matter, made from Bismuth; which Potters use to make a Sky Color of.

2. * **Z E A : S P E L T A**, *Spelt*, or *Gray Wheat*. It is a large plump Grain'd Wheat; and the very Best to make Dr. King's *Electuary* of. See *Wheat*, *Let. VV*, *Numb. 50*.

3. * **Z E D O A R Y**. It is hot and dry in the third degree, discusses VVind, is good against the Bitings of Mad Dogs, and other Venomous Creatures. It stops a Looseness, and suppresses Vomiting, and gives ease in the Colick. It is now used by Physicians against Contagion, the Plague, and Pestilential Airs, and to help Hysterick Fits.

4. * **Z I N Z I B E R**. *Ginger*. It grows in almost all the Provinces of the *East* and *West-Indies*. It is Candied Green in both *Indies*, and is good for Old People, and for such as have Cold and Raw Stomachs, and do not Concoct well. It is best when it is fresh Candied or Preserved. It cuts Viscid Flegm of the Lungs, and gives ease in the Colick, and Convulsions of the Bowels, and prevails against Cœliack and Lienterick Fluxes, and long Diarrhæas proceeding from Cold, VVind, and Gripping sharp Humours. It ought no ways to be used in hot

Habits of Body, nor in Fevers; for then it inflames the Blood, and whole Body; and opens the Orifices of the Veins, for which reason, it is said to provoke the Terms in Women. It is mixed with Purging Medicines, which are strong and Gripping, to Correct them. It cleanses the Lungs, comforts the Stomach, strengthens the Brain, and clears the Sight, when dull'd by Cold and Moisture. See *Let. G*, *Numb. 38*, 39, 40.

5. * **Z I Z A N I A**. *Darnel*. It is hot and dry in the end of the first degree, attenuates, resolves, and cleanses. Being mixt with Malt, it makes the Beer or Ale Heady; and ground with Bread Corn, it causes Dullness, and Headiness, and offends the Eyes, by sending ill Vapours to the Brain. Its Flower or Meal mixt with other Ingredients, is commended by the Antients to cleanse Putrid Ulcers, and to help in Curing Scabs, Leprosy, *Struma's*, *Sciatic's*, Gangreens, &c.

6. * **Z Y M O M A**. It is a *Fermentum*, as Yest for Wort; Leven for Bread, the Gall in the Gall-Bladder, the *Saliva* in the Mouth, the Acid Liquor in the Stomach, and the Pancreatick Juice in the Guts, &c.

7. * **Z Y T H U M**. It is Ale or Beer made by Brewing from Malt, of which see in *Let. E*, *Numb. 48*. *ad 53*. inclusive.

T H E E N D.